

MCS Cafeteria Menu November 2015

	Tuesday	Wednesday	Thursday	Friday
3	Zombi Toast Served with "pumpkin" oranges. <i>French toast made with our bakers own spinach infused bread & made with free range eggs.</i>	Cheeseburgers Nachos with veggie stix. <i>Made with 100% grass fed local beef, veggies from the farm & organic nacho chips.</i>	Sloppy Joes served with our own Caesar salad. <i>Made with 100% grass fed local beef, our own sauce & fresh baked bun.</i>	Hawaiian pizza served with our own Cearsar salad. <i>Made with back bacon, fresh pineapple and our sauce is full of spinach.</i>
10	Waffles served with fresh fruit. <i>Waffles are made from scratch & served with real maple syrup.</i>	11 Remembrance Day No School	Chicken Fingers with our own Caesar salad. <i>Made with all natural chicken, breaded in Panko and baked in our ovens.</i>	Chicken BBQ pizza served with our own Caesar salad. <i>Made with all natural chicken, our own BBQ sauce & topped with roasted veggies.</i>
17	Chicken stir fry <i>Your choice of honey garlic or sweet n sour sauces, both made on site. Full of veggies from the garden & 100% all natural chicken.</i>	18 Lasagna served with garlic bread. <i>Made with 100% grass fed local beef, our sauce is full of spinach & fresh baked bread.</i>	Cheeseburger Poutine <i>Our potato fries are baked in the oven, topped with real cheese curds, 100% grass fed beef & our own made gravy.</i>	Breakfast Burrito with fresh fruit. <i>Scrambled eggs made with free run eggs, Kredl's own sausage & peppers all wrapped in a whole wheat wrap.</i>
24	Chicken Pot Pie <i>Made with all natural chicken, Kredl's own puff pastry & full of local veggies.</i>	25 Turkey's in a blanket served with our own Caesar salad. <i>Kredl's own made turkey sausages baked inside a puff pastry shell.</i>	26 Grilled chicken bacon ranch wraps with fresh fruit. <i>Our own ranch sauce, all natural chicken, fresh bacon & whole wheat wraps.</i>	27 Parent Teacher meetings No School

Our cafeteria uses fresh local produce when available. Our meats & poultry come from Kredl's in store butcher and they are always grass fed, pasture raised. We avoid all GMO products. Most of our foods are made from scratch here in the cafeteria kitchen or in the kitchen at Kredl's. We care about your children's health!

Available dailey

Fruit cups	\$1.75
Fruit/yogurt/granola cups	\$2.00
Cheese pizza	\$2.50
Meat pizza	\$3.50
Salads	\$2.50
Wraps	\$4.00
Our daily menu special	\$5.00
Special Combo	\$6.25
(this includes a drink & sweet)	
Chocolate milk	\$.50
White milk	\$.45
Juice boxes	\$.75
Juice bottles	\$1.25
(apple or orange in both sizes)	
Bottled water	\$.75