



MCVTS BREAKFAST MENU

FEBRUARY 2019



1
Pancakes
Bacon, Egg & Cheese Bagel
Hash Brown
Sliced Bread
Raisins
Apple Juice

4
French Toast Stick w/
Powdered Sugar
Sausage, Egg on
Biscuit
Hash Brown
Sliced Bread
Fresh Apples
Orange Juice

5
Blueberry Muffin
Chix Ham, Egg &
Cheese on Bagel
Tater Tots
Sliced Bread
Fresh Orange
Diced Peaches

6
Vanilla Glazed Donut
Scrambled Egg,
Sausage & Cheese
Sliced Bread
Hash Brown
Banana
Grape Juice

7
Waffles
Bacon, Egg &
Cheese Breakfast
Pizza
Sliced Bread
Tater Tots
Fresh Grapes
Applesauce

8
Cinnamon Roll
Bacon, Egg &
Cheese Breakfast
Tacos
Sliced Bread
Raisins
Apple Juice

11
Pancakes
Cheesy Egg Biscuit
Sliced Bread
Fresh Apples
Orange Juice

12
Powdered Sugar Donut
Scrambled Egg,
Chicken Ham &
Cheese
Sliced Bread
Fresh Orange
Diced Peaches

13
Cinnamon Roll
Waffles
Toasted Bread
Banana
Grape Juice

14
French Toast w/
Powdered Sugar
Scrambled Egg w/
Sausage & Cheese
Sliced Bread
Hash Brown
Fresh Grapes
Applesauce

15
Banana Muffin
Turkey Pancake
Wrap
Sliced Bread
Raisins
Apple Juice

18
Apple Frudel
Cheese Omelet
Sausage
Sliced Bread
Hash Brown
Fresh Apples
Orange Juice

19
Waffles
Sausage, Egg &
Cheese Breakfast
Taco
Sliced Bread
Fresh Orange
Diced Peaches

20
Apple Cinnamon
Muffin
Bacon, Egg & Cheese
Donut Melt
Tater Tots
Sliced Toast
Banana
Grape Juice

21
Pancakes
Cinnamon Sugar
Donut
Hash Brown
Sliced Bread
Fresh Grapes
Applesauce

22
French Toast
Sticks
Scrambled egg,
Bacon & Cheese
Sliced Bread
Raisins
Apple Juice

25
Waffles
Chix Ham &
Cheese Biscuit
Sliced Bread
Fresh Apples
Orange Juice

26
Bagel
Scrambled Egg w/
Sausage & Cheese
Hash Brown
Sliced Bread
Fresh Orange
Diced Peaches

27
Powdered Sugar Donut
Bacon & Cheese
Frittata
Tater Tots
Sliced Bread
Banana
Grape Juice

28
French Toast w/
Powdered Sugar
Cinnamon Roll
Sliced Bread
Hash Brown
Grapes / Applesauce

Banana Muffin
Turkey Pancake
Wrap
Sliced Bread
Raisins
Apple Juice

AVAILABLE DAILY...

ASSORTED CEREAL
1% & SKIM MILK
FRESH FRUIT

**JOIN US IN THE CAFETERIA TO
JUMPSTART YOUR DAY WITH A
NUTRITIOUS BREAKFAST!**



MCVTS LUNCH MENU

FEBRUARY 2019



1
Tater Bites Chicken Nacho
Chicken Caesar Salad w/ Roll
Cucumber Tomato Salad / Tater Bites
Apples / Raisins

4
Wachos
Egg Chef Salad w/ Roll
Mexicali Corn / Broccoli
Apples / Mixed Fruit

5
Wachos
Tuna Salad w/ Roll
Carrots / Tater Bites
Orange / Diced Peaches

6
Wachos
Buffalo Chicken Salad w/ Roll
Zucchini / Sweet Potato Fries
Banana / Diced Pears

7
Wachos
Chicken Salad Platter w/ Roll
Cauliflower / Spinach
Grapes / Applesauce

8
Wachos
Turkey & Cheese Salad w/ Roll
Mixed Blend / French Fries
Apples / Raisins

11
Breakfast Burrito
Chicken Ranch Salad w/ Roll
Corn / Tomato Wedge
Apples / Mixed Fruit

12
Breakfast Burrito
All American Chef Salad w/ Roll
Peas & Carrots / Cauliflower
Orange / Diced Peaches

13
Breakfast Burrito
Popcorn Chicken Salad w/ Roll
Zucchini / Sweet Mashed Potato
Banana / Diced Pears

14
Breakfast Burrito
Turkey Chef Salad Platter
Orange Glazed Carrots / Broccoli
Grapes / Applesauce

15
Breakfast Burrito
Chicken Chef Salad w/ Roll
Red Pepper Strips / Tater Bites
Apples / Raisins

18
Mac & Cheese
Tuna Salad w/ Roll
California Blend / Corn
Apples / Mixed Fruit

19
Breaded Chicken Drumstick w/ Corn Bread
Buffalo Chicken Salad w/ Roll
Mashed Potato / Mixed Vegetables
Orange / Diced Peaches

20
Breakfast for Lunch
Chicken Nacho Salad w/ Roll
Hash Brown / Zucchini
Banana / Diced Pears

21
Orange Popcorn Chicken w/ Broccoli
Cilantro Rice
Buffalo Ranch Popcorn Chicken Salad w/ Roll
Carrots / Broccoli
Grapes / Applesauce

22
Cajun Chili Fries
Ham Chef Salad w/ Roll
Cucumber Tomato Salad / French Fries
Apples / Raisins

25
Penne Alfredo & Chicken w/ Roll
Ham Chef Salad w/ Roll
Zucchini / Fresh Tomato Wedge
Apples / Mixed Fruit

26
Breaded Chicken Parmesan Melt
Egg Salad w/ Roll
French Fries / Carrots
Orange / Diced Peaches

27
Country Chicken Nugget Bowl
Chicken Caesar Salad w/ Roll
Corn / Peas & Carrots
Banana / Diced Pears

28
Chili Mac w/ Dinner Roll
Turkey Chef Salad w/ Roll
Baby Carrots / Broccoli
Grapes / Applesauce

AVAILABLE DAILY.....
1% & SKIM MILK
FRESH FRUIT

COME TRY....
FUEL WEEK RUNNING February 4TH-15th
Wachos
Breakfast Burrito