



MCVTS BREAKFAST MENU

MARCH 2019



1
Banana Muffin
Turkey Pancake Wrap
Sliced Bread
Raisins
Apple Juice

4
Vanilla Glazed Donut
Chocolate Chip Muffin
Hash Brown
Sliced Bread
Fresh Apples
Orange Juice

5
French Toast Stick w/
Powdered Sugar
Sausage, Egg &
Cheese on Biscuit
Sliced Bread
Fresh Orange
Diced Peaches

6
Blueberry Muffin
Scrambled Egg,
Sausage & Cheese
Sliced Bread
Hash Brown
Banana
Grape Juice

7
Chocolate Glazed
Donut
Bacon & Omelet
Sliced Bread
Tater Tots
Fresh Grapes
Applesauce

8
Pancakes
Sausage & Egg
English Muffin Melt
Hash Brown
Sliced Bread
Raisins
Apple Juice

11
French Toast Stick w/
Powdered Sugar
Sausage, Scrambled
Egg w/ Cheese Biscuit
Hash Brown
Sliced Bread
Fresh Apples
Orange Juice

12
Blueberry Muffin
Chix Ham, Egg &
Cheese on Bagel
Tater Tots
Sliced Bread
Fresh Orange
Diced Peaches

13
Vanilla Glazed Donut
Scrambled Egg,
Sausage & Cheese
Sliced Bread
Hash Brown
Banana
Grape Juice

14
Waffles
Bacon, Egg &
Cheese Breakfast
Pizza
Sliced Bread
Tater Tots
Fresh Grapes
Applesauce

15
Cinnamon Roll
Sausage & Cheese
Bagel
Hash Brown
Sliced Bread
Raisins
Apple Juice

18
Pancakes
Cheesy Egg Biscuit
Sliced Bread
Fresh Apples
Orange Juice

19
Powdered Sugar Donut
Scrambled Egg, Chicken
Ham & Cheese
Hash Brown
Sliced Bread
Fresh Orange
Diced Peaches

20
Cinnamon Roll
Waffles
Toasted Bread
Banana
Grape Juice

21
French Toast w/
Powdered Sugar
Scrambled Egg w/
Sausage & Cheese
Hash Brown
Sliced Bread
Fresh Grapes

22
Banana Muffin
Turkey Pancake
Wrap
Sliced Bread
Raisins
Apple Juice

25
Apple Frudel
Cheese Omelet
Sausage
Sliced Bread
Hash Brown
Fresh Apples
Orange Juice

26
Waffles
Sausage, Egg &
Cheese Breakfast
Taco
Sliced Bread
Fresh Orange
Diced Peaches

27
Apple Cinnamon Muffin
Bacon, Egg & Cheese
Donut Melt
Tater Tots
Sliced Bread
Banana
Grape Juice

28
Pancakes
Cinnamon Sugar
Donut
Sliced Bread
Hash Brown
Grapes / Applesauce

29
French Toast
Sticks
Scrambled egg,
Bacon & Cheese
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

MARCH 2019



Happy St. Patrick's Day!



1

Philly Cheesesteak Melt
Spinach / French Fries
Apples / Raisins

4

Hang Time Basket
Tater Bites / Broccoli Apples / Mixed Fruit

5

Buzzer Beater Basket
Carrots / Mixed Veg Orange / Diced Peaches

6

Hang Time Basket
Fish Sticks Zucchini / Sweet Potato Fries
Banana / Diced Pears

7

Buzzer Beater Basket
Mashed Potato / Corn Grapes / Applesauce

8

Hang Time Basket
Fish Sticks Cucumber Tomato Salad / Tater Bites
Apples / Raisins

11

Buzzer Beater Basket
Corn / Broccoli Apples / Mixed Fruit

12

Hang Time Basket
Carrots / Tater Bites Orange / Diced Peaches

13

Buzzer Beater Basket
Zucchini / Sweet Potato Fries
Banana / Diced Pears

14

Hang Time Basket
Cauliflower / Spinach Grapes / Applesauce

15

Buzzer Beater Basket
Fish Sticks Mixed Blend / French Fries
Apples / Raisins

18

Penne w/ Tomato Alfredo & Chicken
Tomato Wedge / Corn Apples / Mixed Fruit

19

Gen Tso Chicken w/ Veg Cilantro Rice
Roasted Cauliflower / Peas & Carrots
Orange / Diced Peaches

20

BBQ Chicken Drumstick w/ Corn Muffin
Sweet Mashed Potato / Zucchini
Banana / Diced Pears

21

Alfredo Mac & Cheese w/ Basil & Chicken
Orange Glazed Carrots / Broccoli
Grapes / Applesauce

22

Philly Cheesesteak Melt
Fish Sticks Red Pepper Strips/
Tater Bites Apples / Raisins

25

Mac & Cheese California Blend / Corn
Apples / Mixed Fruit

26

Breaded Chicken Drumstick w/ Corn Bread
Mashed Potato / Mixed Vegetables
Orange / Diced Peaches

27

Waffles, French Toast Sticks, Scrambled Eggs, Bacon & Toast
Hash Brown / Zucchini
Banana / Diced Pears

28

Orange Popcorn Chicken w/ Broccoli
Cilantro Rice Baby Carrots / Broccoli
Grapes / Applesauce

29

Cajun Chili Fries
Fish Sticks Broccoli / French Fries
Apples / Raisins

AVAILABLE DAILY.....

1% & SKIM MILK
FRESH FRUIT

COME TRY....

FUEL WEEK RUNNING MARCH 4TH-15TH
HANG TIME BASKET
BUZZER BEATER BASKET



MCVTS PIZZA MENU

MARCH 2019

				1 Pepperoni Pizza Cheese Pizza
3 Pepperoni Pizza Cheese Pizza	4 Meat Lover Pizza Cheese Pizza	5 BBQ Chicken Pizza Cheese Pizza	6 Buffalo Chicken Pizza Cheese Pizza	7 Pepperoni Pizza Cheese Pizza
10 Pepperoni Pizza Cheese Pizza	11 Buffalo Chicken Pizza Cheese Pizza	12 Hawaiian Pizza Cheese Pizza	13 BBQ Chicken Sriracha Glazed Pizza Cheese Pizza	14 Pepperoni Pizza Cheese Pizza
17 Pepperoni Pizza Cheese Pizza	18 Bruschetta Pizza Cheese Pizza	19 Meat Lovers Pizza Cheese Pizza	20 Chicken Parm Pizza Cheese Pizza	21 Pepperoni Pizza Cheese Pizza
24 Pepperoni Pizza Cheese Pizza	25 Chicken Sausage Pizza Cheese Pizza	26 Buffalo Chicken Pizza Cheese Pizza	27 Chicken Parm Pizza Cheese Pizza	28 Pepperoni Pizza Cheese Pizza

AVAILABLE DAILY....

ASSORTED CEREAL
1% & SKIM MILK
FRESH FRUIT

MAKE IT A MEAL.....

Add a Fruit or Vegetables!