



**MCBAIN RURAL
AGRICULTURAL SCHOOL**
"FEEL THE WHEEL"

Lunch Full Price- \$3.00
Reduced Price- \$0.40
Milk Only- \$0.75
Adult Price \$5.15

MS/HS Lunch Menu 2022/2023
Updated: 1/10/23

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	Chickenburger or Hot & Spicy on WG Bun Baby Baker Potatoes Baked Beans Peaches Milk/ Condiments	Chicken Drumstick Macaroni & Cheese Green Beans Pineapple Milk	Pepperoni Pizza Roasted Carrot Sticks Cottage Cheese Romaine w/ dressing Banana Milk	Chicken Quesadilla with Sour Cream and Salsa Ranch Roasted Broccoli Romaine w/ dressing Peaches Milk	Sweet & Sour Chicken with Rice Romaine with Dressing Mandarin Oranges Cinnamon Apple Crisp Milk
Two	Chili or Vegetable Beef Soup Cinnamon Roll Cracker Applesauce Carrots & Dip Milk	Chicken Nuggets Dinner Roll Hash Brown Rounds Corn Apple Slices Milk Condiments	Mini Calzones w/ Marinara Green Beans Romaine w/ Dressing Pineapple Milk	Tacos or Burrito Bowl with Rice Chicken/Taco Meat Toppings in the middle Rice Krispy Teat Apple Slices Milk	Scalloped Potatoes with Diced Ham Breadstick Green Beans Treasure Island Fruit Salad Milk
Three	Cheddar Cheese Twisted Stix Tomato Soup Cracker Applesauce Carrots & Dip Milk	Popcorn Chicken Mashed Potatoes with Chicken Gravy Dinner Roll Pears Milk Condiments	Pizza Ripper Green Peas Peaches Cookie Milk	Walking Taco with Meat, Cheese, Lettuce & Salsa Mexican Rice Cheesy Refried Beans Frozen Yogurt Banana, Milk	Spaghetti Garlic Bread Cottage Cheese Fruit Slushie Green beans Milk
Four	Hamburger or Cheeseburger on WG Bun Seasoned Wedges Baked Beans Apple Milk	Chicken Tenders French Toast Bites Corn Romaine w/ Dressing Peaches Milk	Stuffed Crust Pizza Cottage Cheese Green Beans Romaine w/ Dressing Pears Milk	Nachos with Meat Cheese, Lettuce, Tomato & Salsa Cheesy Refried Beans Beans Apple Slices No Bake Cookie Milk	Ham & Cheese Sub or Spicy Sub Potato Chips Carrot & Dip Banana Milk Condiments

Daily Milk Choices:
 1% White, Skim
 White & Fat Free
 Chocolate

Fresh Fruit will be offered Daily. Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal.

