



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

Updated August, 2023

**2022/2023
ELEMENTARY HOT LUNCH
FREE
MILK ONLY- 0.75
Adult Price- \$5.15**

**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.**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	Chickenburger on WG Bun Baby Baker Potatoes Baked Beans Peaches Milk Condiments	Chicken Drumstick Macaroni & Cheese Breadstick Green Beans Pineapple Milk	Pepperoni Pizza Cooked Carrots Cottage Cheese Romaine w/ Dressing Apple Slices Milk	Chicken Quesadilla with Sour Cream & Salsa Cooked Broccoli Romaine w/ Dressing Peaches Milk	Hotdog on WG Bun Potato Smiles Smoothie Bowl Cinnamon Apple Crisp Milk Condiments
Two	Chili or Vegetable Beef Soup Cinnamon Roll Cracker Applesauce Carrots & Dip Milk	Chicken Nuggets Hash Brown Rounds Dinner Roll Corn Pears Milk Condiments	Cheese & Pepperoni Breadstick w/ Marinara Green Beans Romaine w/ Dressing Pineapple Milk	Tacos with Meat, Cheese, Lettuce & Tomatoes Bread & Butter Rice Krispy Treat Mandarin Oranges Milk	Scalloped Potatoes with Diced Ham Breadstick Green Beans Treasure Island Fruit Salad Milk
Three	French Toast Sticks Sausage Hash Brown Round Applesauce Carrots & Dip Milk	Popcorn Chicken Mashed Potatoes with Chicken Gravy Dinner Roll Pears Milk Condiments	Pizza Ripper Green Peas Romaine w/ Dressing 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 on WG Bun Seasoned Potato Wedges Baked Beans Apple Milk Condiments	Chicken Tenders French Toast Bites Corn Romaine w/ Dressing Peaches Milk Condiments	Stuffed Crust Pizza Cottage Cheese Asparagus Romaine w/ Dressing Pears Milk	Nachos with Meat, Cheese, Lettuce, Tomato & Salsa Cheesy Refried Beans Apple Slices No Bake Cookie Milk	Ham & Cheese On WG Sub Bun Potato Chips Carrots & Celery With Ranch Pineapple Milk Condiments

