

July 6 2021

MCS Summer Program

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
Breakfast Hrs 8:00-8:30	Muffins/Cereal Chicken Nuggets Baked Beans	Bagel Cream Cheese/Cereal Toasted Cheese Tomato Soup Veggie Sticks	Yogurt/Cereal Sub Bar Pasta Salad & Chips Baby Carrots	Cereal Personal Pan Pizza Cookie
Lunch Hrs 11:00-11:30	Broccoli/Cucumbers Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Steamed Corn Fresh Fruit/Fruit cup
12	13	14	15	16
Mini Pancakes/Cereal Hot Dog on a Bun French Fries Carrots	Muffins/Cereal Chicken on a Bun Baked Beans Broccoli/Cucumbers	Breakfast Pizza/Cereal Nacho's Rice Black Beans & Corn	Yogurt/Cereal Sub Bar Pasta Salad & Chips Baby Carrots	Cereal Cheese Pizza Cookie Steamed Corn
Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup
19	20	21	22	23
Mini Pancakes/Cereal Cheeseburger Fries Carrots	Muffins/Cereal Chicken on a Bun Broccoli/Cucumbers Baked Beans	Breakfast Pizza/Cereal Pulled Pork on a bun Mac Salad Veggie Stix	Yogurt/Cereal Sub Bar Pasta Salad & Chips Baby Carrots	Cereal French Bread Pizza Cookie Steamed Corn
Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup
26	27	28	29	30
Mini Pancakes/Cereal Hot Dog on a Bun Fries Carrots	Muffins/Cereal Chicken Nuggets Broccoli/Cucumbers Baked Beans	Bagel Cream Cheese/Cereal Nacho's Rice Black Beans & Corn	Yogurt/Cereal Sub Bar Pasta Salad & Chips Baby Carrots	Cereal Personal Pan Pizza Cookie Steamed Corn
Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup	Fresh Fruit/Fruit cup



Lunch Milk Choices	Breakfast includes Fruit/Juice
1% White 1% Chocolate	1% White
Assorted Sandwiches Available daily. Menu subject to change	Drink lots of Water Drink lots of water