

MZCA BREAKFAST AND LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Sausage English Muffin	Oatmeal with Fixings Bacon Egg Cheese Toast	Cheese Grits Link Sausage Biscuit Fresh Fruit	Oatmeal with Fixings Waffle Peaches Turkey Bacon	Grits Bacon Fried Potato Eggs Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Spaghetti Tossed Salad Garlic Bread	Baked Chicken Rice with Gravy Cabbage	Build a Submarine Potato Soup Chips	Chinese Chicken Stir Fry Rice/Noodles	Chef Salad Cheese Bread
Week 2	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Sausage English Muffin	Oatmeal with Fixings Bacon Egg Cheese Toast	Cheese Grits Link Sausage Biscuit Fresh Fruit	Oatmeal with Fixings Waffle Peaches Turkey Bacon	Grits Bacon Fried Potato Eggs Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Veggie Lasagna Italian Salad	Pizza Cob Corn	Bull Dog Day (All Fixings) Fries	Salisbury Steak Mashed Potato Carrots	Enchiladas Spanish Rice Pinto Beans
Week 3	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Sausage English Muffin	Oatmeal with Fixings Bacon Egg Cheese Toast	Cheese Grits Link Sausage Biscuit Fresh Fruit	Oatmeal with Fixings Waffle Peaches Turkey Bacon	Grits Bacon Fried Potato Eggs Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Cheeseburger with Fixings Baked Beans	Baked Potato Bar	Taco Surprise (Soft/Hard Shells) with Fixings Salad	Chicken Alfredo Greek Salad	BBQ Chicken Macaroni and Cheese Green Beans
Week 4	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Grits Apples Sausage English Muffin	Oatmeal with Fixings Bacon Egg Cheese Toast	Cheese Grits Link Sausage Biscuit Fresh Fruit	Oatmeal with Fixings Waffle Peaches Turkey Bacon	Grits Bacon Fried Potato Eggs Toast
	Lunch	Lunch	Lunch	Lunch	Lunch
	Meatballs Mashed Potatoes Mixed Veggies	Lasagna California Blend	Baked Chicken Baked Sweet Potato Broccoli	Grilled Cheese Tomato Soup	Chicken Nuggets Fries Tossed Salad