

# **Mack T's Café Hours:**

**-----Open-----**

**Breakfast/ Payments: 7-8a.m.**

**Elem. Lunch/Payments: 11:00-11:30a.m.**

**Middle Lunch/ Payments: 12:00-12:30p.m.**

**High Lunch/ Payments: 1:00-1:30p.m.**

**-----Closed-----**

**8:00-10:45a.m.**

**11:30-12:00p.m.**

**12:30-1:00p.m.**

**\*All departments have Ice for injuries**

**\*Breakfast is \$4.00 or \$1.00 per item, \$5.50 Lunch**

**\*Beverages are considered an a la carte item**

**\* All Payments will be accepted during open hours and via phone  
(919) 688-4245/ (919) 904-1528 (Ms. Mack)**

**\* The menu will be posted on website as of 08/25/18**

**\*Bag Lunch is NOT offered this school year**

**\*In addition to menu items a variety of salads (\$2-3) and ala carte  
items (\$.25-\$1.00) will be offered**

# Mt. Zion Christian Academy Monthly Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Grits, Apples Pattie Sausage Eggs, Hash browns	Grits, Bacon Eggs French Toast	Grits Smoked Sausage Biscuit, Eggs	Grits, Waffle Pattie Sausage Eggs, Toast	Grits, Bacon Fried Potatoes Eggs, French Toast
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Spaghetti Tossed Salad Garlic Bread	Baked Chicken Rice with Gravy Cabbage, Cornbread	Build a Submarine w/ fixings Chips	Chinese Chicken Stir Fry Rice, Egg Roll	Chef Salad Bar Cheese Bread
<b>Week 2</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Grits, Apples Pattie Sausage Eggs, Hash browns	Grits, Bacon Eggs, French Toast	Grits Smoked Sausage Biscuit, Eggs	Grits, Waffle Pattie Sausage Eggs, Toast	Grits, Bacon Fried Potatoes Eggs, French Toast
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Lasagna Italian Salad Garlic Bread	Chicken and Waffles Cheesy Macaroni w/ bacon	Bull Dog Day (All Fixings) Fries	Salisbury Steak Rice Carrots w/ Green Beans	Enchiladas (Beef and/or Chicken) Spanish Rice Pinto Beans
<b>Week 3</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Grits, Apples Pattie Sausage Eggs, Hash browns	Grits, Bacon Eggs French Toast	Grits Smoked Sausage Biscuit, Eggs	Grits, Waffle Pattie Sausage Eggs, Toast	Grits, Bacon Fried Potatoes Eggs French Toast
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Cheeseburger Baked Beans Corn on Cob	Meatballs Mashed Potatoes Mixed Veggies	BBQ Chicken Macaroni and Cheese Green Beans	Chicken Alfredo Broccoli Garlic Bread	Taco Surprise (Soft/Hard Shell) w/ fixings Salad
<b>Week 4</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Grits, Apples Pattie Sausage Eggs, Hash browns	Grits, Bacon Eggs French Toast	Grits Smoked Sausage Biscuit, Eggs	Grits, Waffle Pattie Sausage Eggs, Toast	Grits, Bacon Fried Potatoes Eggs, French Toast
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Baked Potato Bar w/ Broccoli	Meatball Subs Fries	Fried Chicken Yams Green Beans	Grilled Cheese Vegetable soup Italian Salad	Beef Stew w/ rice Cornbread
<b>Week 5</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	Grits, Apples Pattie Sausage Eggs, Hash browns	Grits, Bacon Eggs French Toast	Grits Smoked Sausage Biscuit, Eggs	Grits, Waffle Pattie Sausage Eggs, Toast	Grits, Bacon Fried Potatoes Eggs, French Toast
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Taco Salad	Meatloaf Scalloped Potatoes Green Beans	Steak/Chicken Subs with Fries	Chicken Noodle Soup with Grilled Cheese	Sloppy Joe Corn on the Cob