



OCTOBER 2020

MCC SABER CAFE

Menu may change without notice
Contact Ann lind with Questions
723.2529, ext 127
ann@mansiteekitchen.org

Monday

Tuesday

Wednesday

Thursday

Friday

5
Shredded Beef Taco
Mexi Rice
Black Bean Salad

6
Chicken Parm Sandwich
Kale Chips
Italian Roasted Potatoes

7
Toasted Cheese Sandwich
Tomato Soup
Warm Apple Slices
corn on the cob

1
Turkey and Cheese Sub
chips
potato salad

2
Pepperoni Pizza
Ranch Dip
Veggie cups

12
Chili
Corn Muffin
Side Salad

13
Egg & Sausage English
Muffin
hash brown
Spinach salad

14
Polish Sausage
Boiled Potatoes
Fried Cabbage

8
Hot Turkey Sandwich
mashed potato
Broccoli

9
Cheese Pizza
Dill Dip
Veggie cups

19
Nacho
Refried beans
Veggie topping

20
Pulled Pork Sandwich
BBQ on side
baked beans
corn

21
Turkey Bacon Ranch
Flatbread
Sweet potato fries

15
Chicken and Noodles
Carrots and Parsnips
Roll

16
Sausage Pizza
Ranch Dip
Veggie Cup

22
Sheet Pan Pancake
Sausage
Warm Apples
Blueberry sauce

23
Cheese Pizza
Dill Pickle Hummus
Veggie Cup

26
Breaded Chicken Drumstick
Buttered Noodles
Green Beans

27
Italian Pasta Bake
Garlic toast
Cauliflower

28
Chicken Sandwich
choice of sauce
Coleslaw
Roasted Garbanzo Beans

29
Hamburger
Cheese lettuce tomato
Oven Fries
Broccoli Salad

30
Pepperoni Pizza
Ranch Dip
Veggie cup

Alternates: #1 PBJ #2 Chicken Caesar Salad Daily Fruit and Veggie Bar Milk from Cream Cup Dairy: Skim or Chocolate on Tuesday and Friday
Prices K-5: \$2.75 6-12: \$3.00 High School meal includes soup
ala cart soup \$1.00 Extras (6-12) \$2.50 milk: \$.50 Fruit: \$.50 staff and Guest \$4.00 (tax included)

