



2019 Menu

2019-2020 Meal Prices

Lunch = \$3.00
.40 for those qualified reduced

Second Entrée = \$1.50

Free and Reduced application available online at:

www.lunchapp.com

The U.S. Department of Agriculture Prohibits discrimination. See Full USDA Nondiscrimination Statement on our website at www.anchorbay.misd.net/departments/foodservice/

This institution is an equal opportunity provider.

Menu Subject to Change

#2 Offering
Yogurt Lunch

#3 Offerings:
Monday—Chicken Tender Wrap
Tuesday— Club Salad with Egg, Turkey & Ham
Wednesday—Taco Salad
Thursday— Grilled Chicken Salad

On Line Resources

Applications: www.lunchapp.com

Nutritional: <https://www.anchorbay.misd.net/departments/food-service/>

Meal Account Website: www.sendmoneytoschool.com



Mon	Tue	Wed	Thu	Fri
2 No School Teacher/Staff Professional Development 	3 NEW #1 Fiesta Taco Macaroni & Cheese Tostitos Scoops Fresh Carrots Cherry Star Punch Apple Slices Milk #2 Yogurt Lunch #3 Salad Lunch	4 #1 Popcorn Shrimp With Cocktail Sauce Romaine Salad Cherry Tomato Strawberry Cup Milk #2 Yogurt Lunch #3 Salad Lunch	5 #1 Chicken Drumsticks Twister Fries Cucumbers Hostess Muffin Diced Pears Milk #2 Yogurt Lunch #3 Salad Lunch	6 PTC Pizza Lunch 
9 #1 Pasta W/Meat Sauce Parmesan Cheese Garlic Twist Garden Salad Strawberry Cup Milk #2 Yogurt Lunch #3 Chicken Tender Wrap	10 #1 French Toast Sticks with Syrup Scrambled Eggs Carrots Fresh Clementine Milk #2 Yogurt Lunch #3 Salad Lunch	11 #1 Cheese Pizza Romaine Salad Cherry Tomato Applesauce Cup Milk #2 Yogurt Lunch #3 Salad Lunch	12 #1 Chicken Tenders Mashed Potato with Gravy Goldfish Crackers Cucumbers Apple Slices Milk #2 Yogurt Lunch #3 Salad Lunch	13 PTC Pizza Lunch 
16 #1 Macaroni & Cheese Garlic Twist Cucumbers Mix Berry Cup Milk #2 Yogurt Lunch #3 Chicken Tender Wrap	17 #1 Eggo Pancakes With Syrup Bacon Hash Brown Rounds Fresh Clementine Milk #2 Yogurt Lunch #3 Salad Lunch	18 #1 Cheesy Bosco Sticks Pizza Sauce Romaine Salad Cherry Tomato Apple Slices w/Caramel Dip Milk #2 Yogurt Lunch #3 Salad Lunch	Holly Jolly Lunch #1 Christmas Trees Chicken Nuggets Frosty's Giant Pretzel Holly Smile Potatoes Jolly Fruit Slushie Milk #2 Yogurt Lunch #3 Salad Lunch 	20 PTC Pizza Lunch 



*Wishing you a
 Merry Christmas
 and a joyous
 Christmas Season !*



Students order lunch each day when teacher takes attendance. No need to preorder. Each Student Lunch consists of five food components:

- Protein
- Grain
- 3/4 cup to 1 cup of Vegetables
- 1/2 cup of Fruit
- 8 ounces of 1% White or Flavored Milk

Students may choose to take all of these lunch items or just 3 but one of the choices must be a 1/2 cup fruit or vegetable.