

# MCM Middle School Menus for August to October 2023

Shelby County Public Schools



Fresh Orange (22g)	Mandarin Oranges (17g)
Fresh Apple (25g)	Applesauce (13g)
Fresh Apple Slices(7g)	Applesauce Cup(13g)
Fresh Banana (27g)	Peach Slices (16g)
Fresh Grapes (22g)	Diced Peaches (16g)
Fresh Strawberries (10g)	Pineapple Tidbits (22g)
Fresh Pear (25g)	Diced Pears (14g)
Craisins (28g)	Frozen Peach Cup
Frozen Strawberry Cup (30g)	



1% White Milk (13g)
1% Dutch Chocolate Milk (30g)
1% Chocolate Milk (20g)
FF Strawberry Milk (19g)

This institution in a equal opportunity provider.

**Cycle One Menus Served**  
**August 9-11**  
**August 28-Sept. 1**  
**Sept. 18-22**  
**October 16-21**

**Cycle Two Menus Served**  
**August 14-18**  
**September 5-8**  
**September 25-29**  
**October 23-27**

**Cycle Three Menus Served**  
**August 21-25**  
**September 11-15**  
**October 2-5**  
**October 30-31**

Cycle 1 Monday	Cycle 1 Tuesday	Cycle 1 Wednesday	Cycle 1 Thursday	Cycle 1 Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Mini Waffles(37g)	Cereal (24g)	Pancake Wraps (15g)	WG Donut (29g)	Cereal (24g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Applesauce (13g)	Tater Puffs (19g)	Orange Wedges (22g)	Apple Slices (7g)
Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pasta w/ Beef Sauce(24g)	Cheeseburger(38g)	Chicken Nuggets(16g)	Hot Dog (31g)	Pizza (35g)
Breadstick (14g)	Ham & Cheese Sub(29g)	WG Roll (22g)	Chef Salad Box (64g)	Yogurt & Cheese Box(51g)
Turkey & Cheese Sub(29g)	French Fries (3/4c)(24g)	Grilled Cheese Sand(16g)	Baked Beans (50g)	Fresh Carrots(9g)
Broccoli (3/4 c)(5g)	Peaches (16g)	Mashed Potatoes (34g)	Sweet Potato Puffs (30g)	Corn (21g)
Pears (14g)	Fresh Fruit	Green Beans (3g)	Pineapple (16g)	Fruit Cup
		Fresh Fruit	Cookie (29g)	Milk
Cycle 2 Monday	Cycle 2 Tuesday	Cycle 2 Wednesday	Cycle 2 Thursday	Cycle 2 Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cinn. Texas Toast(45g)	Sausage Biscuit (30g)	Mini Bagels (42g)	Mini Pancakes(36g)	Cereal (24g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Potato Smiles (25g)	Peaches (16g)	Fresh Orange(22g)	Apple Slices (7g)
Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pizza Crunchers (41g)	Beef Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Pizza variety (35g)
Ham & Cheese Sub(29g)	Cheesy Chicken & Rice(26g)	WG Roll (22g)	EZ Jammer Bag(42g)	Fish & Chips (60g)
Cooked Carrots (9g)	Refried Beans (23g)	Turkey & Cheese Sub(29g)	French Fries (3/4c)(24g)	Green Beans (3/4 c)(7g)
Pears (14g)	Corn (21g)	Mashed Potatoes (34g)	Apple Slices (7g)	Fruit Cup
Milk	Pineapple (16g)	Cheese Broccoli 3/4c(5g)	Milk	Milk
	Milk	Baked Apples(28g)		
Cycle 3 Monday	Cycle 3 Tuesday	Cycle 3 Wednesday	Cycle 3 Thursday	Cycle 3 Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Cinnamon Bun(40g)	Chicken Biscuit(41g)	Breakfast Pizza (17g)	French Toast (26g)	Cereal (24g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Applesauce (13g)	Pears (14g)	Fresh Orange(22g)	Apple Slices (7g)
Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Quesadilla (26g)	Corn Dog (30g)	Sausage/Egg Biscuit(30g)	Chicken Patty on Bun(36g)	Pepperoni Sliders (35g)
Ham & Cheese Sub(29g)	Cheesy Pull Aparts(32g)	Chicken Biscuit(37g)	Turkey & Cheese Sub(29g)	Fish Sandwich(41g)
Cheese Broccoli 3/4c(5g)	French Fries (19g)	Potato Smiles(25g)	Cooked Carrots (9g)	Green Beans (3/4 c)(7g)
Pears (14g)	Baked Beans (50g)	Cherry Tom/Celery (3g)	Applesauce (13g)	Baked Chips (16g)
Milk	Peaches (16g)	Baked Apples (28g)	Milk	Fruit Cup
	Milk	Milk		Milk