

# MCM Middle School Menus for May 2023



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)

Shelby County Public Schools

This institution in an equal opportunity provider.

**Cycle One Menus Served**  
May 8-12

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 Bowl (24g)	Sausage Biscuit(30g)	Cereal Bowl (24g)	Managers
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Choice
Peaches (16g)	Applesauce (13g)	Applesauce (13g)	Raisins	
<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)	Managers
Breadstick (14g)	Ham & Cheese Sub(29g)	WG Roll (22g)	Mac&Cheese &Roll(50g)	Choice
Turkey & Cheese Sub(29g)	French Fries (3/4c)(24g)	Grilled Cheese Sand(16g)	Baked Beans (50g)	
Broccoli (5g)	Peaches (16g)	Mashed Potatoes (34g)	Dragon Punch (13g)	
Pears (14g)	Fresh Fruit	Green Beans (3g)	Mandarin Oranges(17g)	
		Fresh Fruit		

**Cycle Two Menus Served**  
May 15-19  
No School May 16

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)	Cereal Bowl (24g)	Managers
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Choice
Peaches (16g)	Applesauce (13g)	Apple	Raisins (33g)	
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pizza Crunchers (41g)	White Queso Nachos(36g)	Chicken Leg (6g)	Cheeseburger (38g)	Managers
Ham & Cheese Sub(29g)	Cheesy Chicken & Rice(26g)	Biscuit (25g)	EZ Jammer Bag(42g)	Choice
Green Beans (5g)	Spicy Black Beans(40g)	Turkey & Cheese Sub(29g)	Cooked Carrots(9g)	
Pears (14g)	Corn (21g)	Mashed Potatoes (34g)	Peaches (16g)	
	Pineapple (16g)	Peas (12g)		
		Baked Apples(28g)		

**Cycle Three Menus Served**  
May 1-5  
May 22-25

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)	French Toast(43g)	Breakfast Pizza (17g)	Cereal Bowl (24g)	Chicken Biscuit(37g)
Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)	Juice (14-19g)
Peaches (16g)	Applesauce (13g)	Apple (25g)	Raisins (33g)	Fresh Fruit
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Calzone (32g)	BBQ Sandwich(30g)	Beef sliders or meatloaf	Chicken Patty on Bun(36g)	Pizza variety (35g)
Ham & Cheese Sub(29g)	Grilled Cheese (24g)	Chicken Biscuit(37g)	Turkey & Cheese Sub(29g)	Fish Sandwich(41g)
Green Beans (4g)	French Fries (19g)	French Fries/mashed Pot	Cooked Carrots (9g)	Fresh Veggies
Pears (14g)	Baked Beans (50g)	Green Beans (4g)	Baked Chips	Fruit Cup
	Peaches (16g)	Baked Apples (28g)	Mandarin Oranges(17g)	