

Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL



Monday	Tuesday October 1, 2019	Wednesday October 2, 2019	Thursday October 3, 2019	Friday October 4, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Breakfast sandwich	Cinnamon Rolls	French Toast Sticks	Sweet Stuffers

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Big Daddy Pizza	Loaded Fries	Big Daddy Pizza	Hispanic Heritage Day
	Chicken Tenders	Meatball Hoagie	Chicken Tenders	Barbacoa Taco
	Roast Beef & Cheddar	Pesto Turkey	National Soft Taco Day!	Mexican Sweet Corn
	Curly Fries	Shoestring Fries	Waffle Fries	Spanish Rice
	Available Daily	Great Snacking	Options for you!	
Assorted Bagels	Celery & Peanut Butter Cup	Fresh Fruit Cups	Granola Bars	Oikos Greek Yogurt (low carb/low sugar)
Beef Jerky	French Fries	Fresh Whole Fruit	Hard-Boiled Eggs	Protein Bars
Carrot & Ranch Cup	Fresh Baked Cookies	Fruit & Cheese Parfaits	Hummus & Pretzel Chips	Salad Bar



All items shown in green are designated "Balanced Choices," healthier options for a balanced diet.

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Monday October 7, 2019	Tuesday October 8, 2019	Wednesday October 9, 2019	Thursday October 10, 2019	Friday October 11, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Sandwich	Breakfast Pizza	Hot Glazed Cinnamon Rolls	Sweet Stuffers	Biscuit /Gravy

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Nachos/Cheese	Big Daddy Pizza	Ravioli/Marinara Sauce	Big Daddy Pizza	National Sausage Pizza Day
Nacho Supreme	Chicken Tenders	Buffalo Chicken Bites	Chicken Tenders	Sausage Flatbread Pizza
Ham & Pepper jack on Pretzel Roll	Turkey on Tomato Focaccia Roll	Grilled Chicken Sandwich	Chicken Salad on Croissant	Rocket Dog
Crinkle Cut Fries	Sweet Potato Fries	Tater Tots	Waffle Fries	Shoestring Fries
Available Daily Great Snacking Options for you!				
Assorted Bagels	Celery & Peanut Butter Cup	Fresh Fruit Cups	Granola Bars	Oikos Greek Yogurt (low carb/low sugar)
Beef Jerky	French Fries	Fresh Whole Fruit	Hard-Boiled Eggs	Protein Bars
Carrot & Ranch Cup	Fresh Baked Cookies	Fruit & Cheese Parfaits	Hummus & Pretzel Chips	Salad Bar



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Monday October 14, 2019	Tuesday October 15, 2019	Wednesday October 16, 2019	Thursday October 17, 2019	Friday October 18, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Biscuit Sandwich	Breakfast burrito	Cinnamon Rolls	Cherry Turnover	French Toast Sticks

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Spaghetti /Meatballs	Big Daddy Pizza	Chicken Fried Rice	Big Daddy Pizza	Vietnamese Heritage Day
Cheese Enchiladas/Salsa Rice	Chicken Tenders	Chicken Tenders	National Pasta Day!	Banh Mi Sandwich
Bosco Breadsticks	Steak Hoagie w/Pizza Sauce	Vegetable Egg roll	Cheese Tortellini/ Garlic Bread	Che Bap (Sweet Corn Pudding)
Straight Cut fries	Curly Fries	Onion Rings	Waffle Fries	Shoestring fries

	Available Daily	Great Snacking	Options for you!	
Assorted Bagels	Celery & Peanut Butter Cup	Fresh Fruit Cups	Granola Bars	Oikos Greek Yogurt (low carb/low sugar)
Beef Jerky	French Fries	Fresh Whole Fruit	Hard-Boiled Eggs	Protein Bars
Carrot & Ranch Cup	Fresh Baked Cookies	Fruit & Cheese Parfaits	Hummus & Pretzel Chips	Salad Bar

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Monday October 21, 2019	Tuesday October 22, 2019	Wednesday October 23, 2019	Thursday October 24, 2019	Friday October 25, 2019
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Burrito	Oatmeal	French Toast Sticks	Biscuit Gravy	Biscuit Sandwich

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
No School	Big Daddy Pizza	Derringer Double Burger Basket	Big Daddy Pizza	Buffalo Chicken Hoagie
	Chicken Tenders	Macaroni & Cheese	Chicken Tenders	Chili Cheese Fries
	Grilled Chicken Sandwich	Turkey & Cheddar w/Chipotle Mayo Wrap	Nachos w/Cheese	Chicken Salad on Croissant
	Buffalo Chicken Sliders	Grilled Chicken Sandwich	\$1 Corn Dogs	Hot Pretzels w/Cheese

	Available Daily	Great Snacking	Options for you!	
Assorted Bagels	Celery & Peanut Butter Cup	Fresh Fruit Cups	Granola Bars	Oikos Greek Yogurt (low carb/low sugar)
Beef Jerky	French Fries	Fresh Whole Fruit	Hard-Boiled Eggs	Protein Bars
Carrot & Ranch Cup	Fresh Baked Cookies	Fruit & Cheese Parfaits	Hummus & Pretzel Chips	Salad Bar

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MCNICHOLAS MARKETPLACE GRILL



Monday October 28, 2019	Tuesday October 29, 2019	Wednesday October 30, 2019	Thursday October 31, 2019	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Donut Holes		Pumpkin Pancakes	

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken & Waffles	Chicken Tenders	Hot Ham & Turkey Sub	Spook-tac-ular Menu	
Italian Pasta bake	Big Daddy Pizza	Bosco Breadsticks	Walking Dead Tacos	
Bosco Breadsticks	Fettucine Alfredo	Gyros w/Tzatziki Sauce	Bat Wings	
Grilled Chicken Sandwich	Ham & Swiss on Pretzel Bread	Grilled Chicken Sandwich	Boo Burgers	

	Available Daily	Great Snacking	Options for you!	
Assorted Bagels	Celery & Peanut Butter Cup	Fresh Fruit Cups	Granola Bars	Oikos Greek Yogurt (low carb/low sugar)
Beef Jerky	French Fries	Fresh Whole Fruit	Hard-Boiled Eggs	Protein Bars
Carrot & Ranch Cup	Fresh Baked Cookies	Fruit & Cheese Parfaits	Hummus & Pretzel Chips	Salad Bar

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