


Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL

Welcome Back Students, Teachers, and Staff!

Monday September 3, 2018	Tuesday September 4, 2018	Wednesday September 5, 2018	Thursday September 6, 2018	Friday September 7, 2018
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Breakfast Burrito	Breakfast Pizza	Breakfast Sandwich	No School
	LUNCH	LUNCH	LUNCH	LUNCH
	Big Daddy Pizza	Beef Taco Salad	Big Daddy Pizza	No SCHOOL
	Chicken Tenders	Crunchy Beef Taco	Chicken Tenders	NO SCHOOL
	Turkey on Wheatberry Bread	Ham & Swiss on Swirl Rye Bread	Tuna Salad on Croissant	NO SCHOOL

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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



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Welcome Back Students, Teachers, and Staff!

Monday September 10, 2018	Tuesday September 11, 2018	Wednesday September 12, 2018	Thursday September 13, 2018	Friday September 14, 2018
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Sandwich	Breakfast Burrito	Breakfast Tot-Chos	Cinnamon Rolls	Oatmeal Bar

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
National Hot Dog Day!! Hot Dog Bar	Big Daddy Pizza	Chicken Fried Rice	Big Daddy Pizza	Beat Roger Bacon !! Bacon Cheeseburger
Meat Lasagna	Chicken Tenders	Vegetable Egg Roll	Chicken Tenders	Buffalo Chicken Hoagie
Turkey and Bacon on Pretzel Roll	Egg Salad on White Bread	Roast Beef and Cheddar On Wheatberry Bread	Turkey and Pepperjack on Ciabatta	Italian Sub Sandwich

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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Welcome Back Students, Teachers, and Staff!

Monday September 17, 2018	Tuesday September 18, 2018	Wednesday September 19, 2018	Thursday September 20, 2018	Friday September 21, 2018
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Burrito	Breakfast Sandwich	Cinnamon Rolls	Biscuits & Gravy	French Toast Sticks

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Macaroni & Cheese	Big Daddy Pizza	Vegetable Lo Mein	Big Daddy Pizza	Pepperoni Calzone
Buffalo Chicken Bites	Chicken Tenders	Vegetable Egg Rolls	Chicken Tenders	Bosco Breadstick
Entrée Salad Week Fried Chicken Salad	Entrée Salad Week Cobb Salad	Entrée Salad Week Spinach Tortellini	Entrée Salad Week Blackened Chicken Caesar	Entrée Salad Week Chef Salad

AVAILABLE DAILY

Assorted Bagels	Fresh Whole Fruit	French Fries
Fruit and Yogurt Parfait	Salad Bar	Onion Rings
Fruit and Cheese Cups	Hard-boiled Eggs	Celery Stick and Peanut Butter Cup
Dannon Yogurt with Fruit	Protein Bars	Carrot and Ranch Cup
Oikos Greek Yogurt (low sug/low carb)	Granola Bars	Fresh Baked Cookies
Fresh Fruit Cups	Beef Jerky	Hummus & Pretzel Chips



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MCNICHOLAS MARKETPLACE GRILL

Welcome Back Students, Teachers, and Staff!

Monday September 24, 2018	Tuesday September 25, 2018	Wednesday September 26, 2018	Thursday September 27, 2018	Friday September 28, 2018
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Breakfast Sandwich	Breakfast Burrito	Biscuits & Gravy	Breakfast Pizza	Breakfast Tot-Chos

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Bruschetta Chicken/Pasta	Big Daddy Pizza	Cheese Cones	Big Daddy Pizza	Chicken Fettuccini Alfredo
Popcorn Chicken	Chicken Tenders	Chili Spaghetti	Chicken Tenders	Wings & Rings
Trio Platter	Fiesta Chicken Wrap	Ham & Provolone on Wheatberry Bread	Turkey Club on Pretzel Roll	Roast Beef on Swirl Rye Bread

AVAILABLE DAILY

Assorted Bagels

Fruit and Yogurt Parfait

Fruit and Cheese Cups

Dannon Yogurt with Fruit

Oikos Greek Yogurt (low sug/low carb)

Fresh Fruit Cups

Fresh Whole Fruit

Salad Bar

Hard-boiled Eggs

Protein Bars

Granola Bars

Beef Jerky

French Fries

Onion Rings

Celery Stick and Peanut Butter Cup

Carrot and Ranch Cup

Fresh Baked Cookies

Hummus & Pretzel Chips



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