

Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL



Welcome Back Students, Teachers, and Staff!

Monday August 31, 2020	Tuesday September 1, 2020	Wednesday September 2, 2020	Thursday September 3, 2020	Friday September 4, 2020

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Cheesy Pasta Bake	Big Daddy Pizza	Macaroni & Cheese	Big Daddy Pizza	Chili Cheese Fries
	Chicken Tenders		Chicken Tenders	
Turkey Bacon Ranch Wrap	Pesto Chicken on Ciabatta	Buffalo Chicken Wrap	Ham & Cheddar on Pretzel Roll	Fiesta Turkey Wrap
Crispy Chicken Salad	or	Spinach Pasta Salad	or	Small Side Salad

	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.



Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL



Welcome Back Students, Teachers, and Staff!

Monday September 7, 2020	Tuesday September 8, 2020	Wednesday September 9, 2020	Thursday September 10, 2020	Friday September 11, 2020

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
NO SCHOOL	Chicken Tenders		Big Daddy Pizza	No School
LABOR DAY	Big Daddy Pizza	Pulled Pork Sandwich/Saratoga Chips	Chicken Tenders	
	Chicken Salad on Croissant	California Turkey Sub	Turkey Pesto Flatbread	
Taco Salad	or	Cobb Salad	or	Small Side Salad

	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.



Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL



Welcome Back Students, Teachers, and Staff!

Monday September 14, 2020	Tuesday September 15, 2020	Wednesday September 16, 2020	Thursday September 17, 2020	Friday September 18, 2020

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Meat Lasagna/Garlic Bread	Chicken Tenders		Chicken Tenders	Fish Sandwich
	Big Daddy Pizza	Baked Potato Bar	Big Daddy Pizza	
Tuna Salad on Croissant	Roast Beef & Cheddar on Bun	Turkey & American Wrap	Ham & Cheddar on Wheat	Italian Wrap
Blackened Chicken Salad	or	Italian Chopped Salad	or	Small Side Salad

	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.



Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL



Welcome Back Students, Teachers, and Staff!

Monday September 21, 2020	Tuesday September 22, 2020	Wednesday September 23, 2020	Thursday September 24, 2020	Friday September 25, 2020

LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Popcorn Shrimp	Big Daddy Pizza		Chicken Tenders	No School
	Chicken Tenders	Nachos/Cheese	Big Daddy Pizza	
Southwest Turkey on Wheat Bread	BLT on Wheat Bread	Roast Beef & Cheddar on Wheat Bread	Turkey Club Sandwich	
Chef Salad	or	Chicken Caesar Salad	or	Small Side Salad

	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.