

*Rocket Fuel*

# MCNICHOLAS MARKETPLACE GRILL



Welcome Back Students, Teachers, and Staff!

| Monday<br>September 2, 2019 | Tuesday<br>September 3, 2019 | Wednesday<br>September 4, 2019 | Thursday<br>September 5, 2019      | Friday<br>September 6, 2019 |
|-----------------------------|------------------------------|--------------------------------|------------------------------------|-----------------------------|
| <b>BREAKFAST</b>            | <b>BREAKFAST</b>             | <b>BREAKFAST</b>               | <b>BREAKFAST</b>                   | <b>BREAKFAST</b>            |
|                             | Breakfast Biscuit Sandwich   | Breakfast Burrito              | French Toast<br>Breakfast Sandwich | No School                   |

| <b>LUNCH</b>     | <b>LUNCH</b>          | <b>LUNCH</b>                             | <b>LUNCH</b>                       | <b>LUNCH</b> |
|------------------|-----------------------|--|------------------------------------|--------------|
| <b>No School</b> | Big Daddy Pizza       | Pizza Steak Hoagie                       | <b>National Cheese Pizza Day</b>   | No School    |
|                  | Chicken Tenders       | Bosco Breadsticks                        | Grilled Chicken<br>Caesar Sandwich |              |
| <b>Labor Day</b> | California Turkey Sub | Chicken Pesto on<br>Ciabatta Bread       | Chicken Tenders                    |              |
|                  | Waffle Fries          | <b>Top Your Own Ice Cream<br/>Sundae</b> | Curly Fries                        |              |

|                    | <b>Available Daily</b>     | <b>Great Snacking</b>   | <b>Options for you!</b> |   |
|--------------------|----------------------------|-------------------------|-------------------------|---|
| 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<br>September 9, 2019 | Tuesday<br>September 10, 2019 | Wednesday<br>September 11, 2019 | Thursday<br>September 12, 2019 | Friday<br>September 13, 2019 |
|-----------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|
| <b>BREAKFAST</b>            | <b>BREAKFAST</b>              | <b>BREAKFAST</b>                | <b>BREAKFAST</b>               | <b>BREAKFAST</b>             |
| Breakfast Tot-Chos          | Oatmeal Bar                   | Cinnamon Rolls                  | French Toast Sticks            | Potato Egg Boat              |

| LUNCH                   | LUNCH                                       | LUNCH                       | LUNCH                       | LUNCH                   |
|-------------------------|---|-----------------------------|-----------------------------|-------------------------|
| Chicken Tenders         | <b>National Hot Dog Day!</b><br>Hot Dog Bar | Chicken & Broccoli Stir Fry | Big Daddy Pizza             | Buffalo Chicken Hoagie  |
| Baked Potato Bar        | Big Daddy Pizza                             | Vegetable Egg Roll          | Chicken Tenders             | Fish Sandwich           |
| Chef Salad Entrée Salad | Fried Chicken Entrée Salad                  | Spinach Entrée Salad        | Chicken Caesar Entrée Salad | Cobb Salad Entrée Salad |
| Waffle Fries            | Steak Fries                                 | Straight Cut Fries          | Curly Fries                 | Tater Tots              |

|                    | 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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Welcome Back Students, Teachers, and Staff!



| Monday<br>September 16, 2019 | Tuesday<br>September 17, 2019 | Wednesday<br>September 18, 2019 | Thursday<br>September 19, 2019 | Friday<br>September 20, 2019 |
|------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|
| <b>BREAKFAST</b>             | <b>BREAKFAST</b>              | <b>BREAKFAST</b>                | <b>BREAKFAST</b>               | <b>BREAKFAST</b>             |
| Breakfast Sandwich           | Breakfast Pizza               | Breakfast Burrito               | Cinnamon Rolls                 | French Toast Sticks          |

| LUNCH  | LUNCH                      | LUNCH   | LUNCH                  | LUNCH                                   |
|--|----------------------------|---|------------------------|---|
| Chicken Parmesan Sandwich                              | Chicken Tenders            | <b>National Cheeseburger Day!</b><br>BYO Cheeseburger | Chicken Tenders        | Cheese Tortellini/Garlic Bread          |
| Pepperoni Calzone                                      | Big Daddy Pizza            | Macaroni & Cheese                                     | Big Daddy Pizza        | Buffalo Chicken Bites                   |
| Tuna Salad on Croissant                                | Fiesta Turkey on Ciabatta  | Chicken Bacon Ranch Flatbread                         | Ham & Cheddar on Wheat | Chicken Salad Croissant                 |
| Straight Cuts  | Waffle Fries               | Curly Fries   | Tater Tots             | Straight Cuts                           |
| <b>Available Daily Great Snacking Options for you!</b> |                            |   |                        |   |
| 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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Welcome Back Students, Teachers, and Staff!

| Monday<br>September 24, 2019 | Tuesday<br>September 25, 2019 | Wednesday<br>September 26, 2019 | Thursday<br>September 27, 2019 | Friday<br>September 28, 2019 |
|------------------------------|-------------------------------|---------------------------------|--------------------------------|------------------------------|
| <b>BREAKFAST</b>             | <b>BREAKFAST</b>              | <b>BREAKFAST</b>                | <b>BREAKFAST</b>               | <b>BREAKFAST</b>             |
| Breakfast Sandwich           | Fresh Baked Turnovers         | Breakfast Burrito               | Cinnamon Rolls                 | French Toast Sticks          |

| LUNCH                               | LUNCH                                    | LUNCH                         | LUNCH           | LUNCH                 |
|-------------------------------------|--|-------------------------------|-----------------|-----------------------|
| Pulled Pork Sandwich/Saratoga Chips | <b>National Foodservice Worker Day!!</b> | Beef Quesadilla               | Chicken Tenders | Philly Cheese Steak   |
| Meat Lasagna/Garlic Bread           | <b>Build Your Own</b>                    | Nachos/Cheese                 | Big Daddy Pizza | Chili Cheese Fries    |
| Southwest Turkey on Wheat Bread     | <b>Deli Sandwich Bar</b>                 | Ham & Fruit Salsa on Ciabatta | Italian Caprese | Turkey on Wheat Bread |
| Straight Cuts                       | Curly Fries                              | Tater Tots                    | Waffle Fries    | Steak 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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