

Rocket Fuel

MCNICHOLAS MARKETPLACE GRILL

Welcome Back Students, Teachers, and Staff!
FREE COFFEE IN AUGUST TO ALL TEACHERS!



| Monday August 19, 2019 | Tuesday August 20, 2019 | Wednesday August 21, 2019 | Thursday August 22, 2019 | Friday August 23, 2019 |
|---------------------------|----------------------------|------------------------------|-----------------------------|---------------------------|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | | Breakfast Burrito | Cinnamon Rolls | French Toast Sticks |

| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
|-----------------------------|----------------------------|-------------------------|-------------------------|---|
| Freshmen Orientation | Chicken Tenders | Tostada Stack | Chicken Tenders | National Cuban Sandwich Day! Cuban Sandwich |
| Fingerprinting | | Cheeseburger | Big Daddy Pizza | Macaroni & Cheese |
| | | Hummus Chicken Wrap | Turkey Bacon Ranch Wrap | Buffalo Chicken Wrap |
| | Curly Fries | Straight Cut Fries | Waffle 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 |



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!
FREE COFFEE IN AUGUST TO ALL TEACHERS!



| Monday August 26, 2019 | Tuesday August 27, 2019 | Wednesday August 28, 2019 | Thursday August 29, 2019 | Friday August 30, 2019 |
|---------------------------|----------------------------|------------------------------|-----------------------------|---------------------------|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Breakfast Sandwich | Biscuit & Gravy | Natl Turnover Day | Oatmeal Bar | French Toast Sticks |

| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
|----------------------|--------------------|-------------------|--------------------|----------------------|
| Spaghetti /Meatballs | Chicken Tenders | Wing Dings | Chicken Tenders | 3 Way |
| Bosco Breadstick | Big Daddy Pizza | Pepperoni Calzone | Big Daddy Pizza | Cheese Coney |
| Crispy Chicken Wrap | Pesto Chicken Wrap | Italian Wrap | Fiesta Turkey Wrap | Buffalo Chicken Wrap |
| Straight Cuts | Curly Fries | Steak fries | Waffle 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 |

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

