

*Rocket Fuel*

# MCNICHOLAS MARKETPLACE GRILL

Monday	Tuesday	Wednesday	Thursday January 3, 2019	Friday January 4, 2019
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
			Breakfast Pizza	Biscuit & Gravy

<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
			Big Daddy Pizza	National Spaghetti Day!
			Chicken Tenders	Spaghetti & Meatballs
			Ham & Salami Sub	Meat Lasagna

## 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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# MCNICHOLAS MARKETPLACE GRILL

Monday January 7, 2019	Tuesday January 8, 2019	Wednesday January 9, 2019	Thursday January 10, 2019	Friday January 11, 2019
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
French Toast Sticks	Breakfast Burrito	Cinnamon Rolls	Breakfast Sandwich	Biscuit & Gravy

<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken & Waffles	Chicken Tenders	Big Daddy Pizza	Fettuccini Alfredo	Big Daddy Pizza
Steak Hoagies	Macaroni & Cheese	Cheeseburgers	Chicken Tenders	Grilled Cheese/Cup Soup
Roast Turkey Sandwich	Roast Beef & Cheddar	Italian Sub	Chicken Salad on Croissant	Baked Potato Bar

## 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

Monday January 14, 2019	Tuesday January 15, 2019	Wednesday January 16, 2019	Thursday January 17, 2019	Friday January 18, 2019
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Bagel Sandwich	Breakfast Burrito	Breakfast Pizza	Oatmeal Bar	Breakfast sandwich

<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Taco / Nacho Bar	Chicken Tenders	Big Daddy Pizza	Chicken Tenders	Flatbread Pizza
Buffalo Chicken Bites	Cheeseburger	Corn Dog	Big Daddy Pizza	Cheese Enchiladas
Taco Salad	Chef Salad	Cobb Salad	Caesar Salad	Iced Coffee Bar

## 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

Monday January 21, 2019	Tuesday January 22, 2019	Wednesday January 23, 2019	Thursday January 24, 2019	Friday January 25, 2019
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Breakfast Burrito	Breakfast Pizza	Breakfast Sandwich	Cinnamon Roll	French Toast

<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
MLK Day	Chicken Tenders	Burrito Bar	Chicken Tenders	Big Daddy Pizza
No School	Hot Dog Bar	Big Daddy Pizza	Derringer Double Burger	Chicken Parmesan Sandwich
	Nachos Supreme	Chili Cheese Fries	Grilled Chicken Sandwich	Beef & Cheddar

## 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

Monday January 28, 2019	Tuesday January 29, 2019	Wednesday January 30, 2019	Thursday January 31, 2019	Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Gourmet Cinnamon Rolls	Breakfast Burrito	Breakfast Sandwich	Pancakes	French Toast Sticks

<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Pulled Pork Sandwich	Chicken Tenders	Buffalo Chicken Sandwich	Chicken Tenders	BYO Burger Bar
Saratoga Chips/Coleslaw	Chicken Quesadillas	Big Daddy Pizza	McRib Sandwich	Big Daddy Pizza
Sweet Potato Souffle	Hot Soft Pretzels w/Cheese	Fish & Fries	Mac & Cheese	Chili Cheese Fries

## 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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