



JANUARY | 2018

West Shore ESD Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year Have a Wonderful 2018	2	3 Chicken Alfredo Pasta Fresh Fruit and Salad Bar Choice of Milk	4 Breakfast for Lunch Cereal Hashbrown Patty Sausage Banana Choice of Milk	5 Macaroni and Cheese Carrots Sticks Fresh Fruit Choice of Milk
8 Turkey Deli Sweet Potato Tots Applesauce Choice of Milk	9 Tacos /tortilla shell Baby Carrots Lite Ranch Dressing Diced Pears Choc or Lowfat Milk	10 Baked Chicken Mashed Potatoes Apple Slices Choice of Milk	11 Pizza Day Green Beans Mixed Melon Salad Choice of Milk	12 Hotdog on a Bun Corn Celery Sticks Diced Peaches Milk
15 Cheese Burger Carrot & Celery Sticks Creamy Dip for Vegetables Bun Diced Pears Milk	16 Chicken Rings Peas & Carrots Applesauce Dinner roll Choice of Milk	17 Ham Deli/ Bun Veggie Beans Tossed Salad Lite Ranch Dressing Fresh Fruit Variety of Milk	18 Walking Taco Corn Chips Baby Carrots Diced Pineapple Variety of Milk	19 French Toast Sausage Hashbrowns Applesauce Choice of Milk
22 Corndogs Baked Beans Diced Peaches Choice of Milk	23 Chicken Nuggets Brown Rice Cherry Tomato Pineapple Choice of Milk	24 Cheese Pizza Baby Carrots Lite Ranch Dressing 3 Blend Fruit Choice of Milk	25 Cheeseburgers Green Bell Peppers Diced Peaches Bun Choice of Milk	26 Hungry Howie Day Fresh Fruit and Veggies Milk
29 Sloppy Nachos Seasoned Black Beans Ap Choice of Milk	30 BBQ Pork Sandwich Corn Grapes Bun Choice of Milk	31 Burrito Refried Beans Peaches 1 % milk		Food Service 231-757-5721 mnielsen@mccschools.org

All bread, bread items and pasta are whole or multi Grain Milk offered Daily Low fat 1 % White Milk

Condiments available daily: Low cal salad dressings, Mayonnaise, catsup, mustard.

Menu is subject to change without notice
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