

Menu is subject to change, Due to product availability.	MESC Menu - February 2024				
Jan 29th - Feb 2nd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Fruit	Scrambled eggs and Fried Balogna, Fruit	
Lunch	Pasta Alfredo with Ham and Cheese, Salad, Fruit	Sesame Pork, Stirfried Vegetables over Rice, Salad, Fruit	Sloppy Joes on Bannock , Salad, Fruit	Pizza Day! Ceaser Salad, Fruit Salad	Prep Day/ Kitchen visits
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
Feb 5th - 9th	Monday	Tuesday	Wednesday	Thursday	Friday
Nehiyawewin Celebration Week					
Breakfast	Yogurt,, Cereal Fruit	Pancakes/Sausage, Fruit	Cereal, Porridge, Fruit	Bacon & Cheese Scones, Fruit	Fried Balogona & Scrambled Eggs
Lunch	Stew & Bannock , Tossed Salad, Three Sisters salad, Fruit	Bannock Taco, Salads, Fruit	Three Sisters, Soup Corn, Squash & Beans, Bannock, Tossed Salad, Potato Salad, Fruit Salad	Neck Bones in Broth with Potatoes, Carrots, Celery and Onions, Bannock Tossed salad, Mixed Salad, Fruit	Pizza Day! Ceaser Salad, Coleslaw, Fruit Salad, Fruit
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
Feb 12th-16th	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Ham, Eggs, Hashbrowns, Fruit	Scones, Fruit	Pancakes, Sausage, Fruit	
Lunch	Pasta Carbonara (cream, Bacon, Parmesan and Peas) Tossed Salad, Tomato Salad, Fruit Salad	Rice Bowl w/Shredded Lettuce, Marinated Vegetables & Teriyaki Pork	Chili, Bannock, Tossed Salad, Pasta Salad, Fruit	Pizza Day! Ceaser Salad, Fruit Salad	<i>Prep Day</i>
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
Feb 19th- 23rd	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cold Cereal, Fruit	Pancakes/Sausage, Fruit	Bannock And Jam, Fresh cut Fruit	Scrambled eggs and Ham, Fruit
Lunch	FAMILY DAY	Mac'n Cheeseburger Pasta, CAesar Salad, Coleslaw, Mixed Vegetable Salad, Fruit	Corn Chowder & Cheese Bread, Tossed Salad, Pasta Salad, Fruit	Deli Wrap, Cut Fruit, Vegetable Salad, Caesar Salad	Pizza Day! Ceaser Salad, Fruit Salad
Snacks		Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
Jan 26th- Mar 1st	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cold Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled eggs and Fried Balogna, Fruit	
Lunch	Mexican Lasagna, Caesar Salad, Corn Salad, Fruit	Chicken & Corn Quessadillas, Tossed Salad, Coleslaw, Fruit	Hamburger Soup, Bannock, Spinach Salad, Coleslaw, Cut Fruit	Pizza Day! Ceaser Salad, Fruit Salad	200 Staff Lunch MCHS 200 Staff Lunch MCJHS
Snacks	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	