

McGraw High School

January 2019

Menu Subject to Change

McGraw School District Is An Equal Opportunity Provider and Employer

MONDAY

7 Popcorn Chicken w/ Biscuit

Baked French Fries
Seasoned Carrots

14 Mini Chicken Corn Dogs

Baked Beans
Potato Gems

21 Martin Luther King Day

No School

28 BBQ Rib Sandwich

BBQ Baked Beans
Sweet Potato Fries

TUESDAY

1 Holiday Recess

No School

8 Bacon Cheeseburger

Sweet Potato Gems
Baked Beans
Fresh Fruit

15 Mini Pancakes (or Waffles) w/ Sausage

Hash Brown Patty
100% Fruit-Vegetable Juice
Fresh Fruit

22 Pizza Crunchers w/ Sauce

Carrot Fries
Celery w/ Dip
Fresh Fruit
Regents Exam Day

29 Breakfast Sandwich w/ Sausage

Hash Brown Patty
100% Fruit-Vegetable Juice
Fresh Fruit

WEDNESDAY

2 BBQ Rib Sandwich

BBQ Beans
Sweet Potato Fries
Fresh Fruit

9 Ham & Scalloped Potatoes w/Breadstick

Seasoned Green Beans
Garden Salad w/ Dressing

16 Meatball Sub On whole Grain Roll

Carrots Fries
Garden Salad w/ Dressing

23 Pasta & Meatballs w/ Garlic Bread

Seasoned Green Beans
Garden Salad w/ Dressing
Regents Exam Day

30 Toasted Cheese Sandwich

Tomato Soup w/ Crackers
Garden Salad w/ Dressing

THURSDAY

3 Ham & Cheese Panini Melt

Carrot Fries
Celery w/ Dip

10 Beef (Or Chicken) Taco w/ Lettuce, Tomato, & Cheese

Cheesy Bean Dip
Seasoned Corn
Fresh Fruit

17 White Chicken Chili w/ Corn Bread

Seasoned Carrots
Seasoned Green Beans
Fresh Fruit

24 Beef Nachos

Cheesy Bean Dip
Seasoned Corn
Fresh Fruit
Regents Exam Day

31 Chicken & Potato Bowl w/ Biscuit

Mashed Potatoes
Seasoned Corn
Fresh Fruit

FRIDAY

4 Assorted Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

11 Homemade Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

18 Nardone's Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit

25 Homemade Pizza

Garden Salad w/ Dressing
Seasoned Broccoli
Fresh Fruit
Regents Exam Day

Available with All Lunches

Assorted Fruit Cups
Milk Choice

Available Daily

A variety of ...
Pizzas,
Fresh Chef salads Assorted sandwiches and wraps.
Burgers and Chicken

PB & J and Yogurt Meal also available

Breakfast	\$1.30
Lunch	
Elementary School	\$2.05
High School	\$2.15
Milk	\$0.60

Visit our website to print an application and to view menus.

www.mcgrawschools.org

True or False
"Multigrain" breads are always whole grain?

False
(Multi-grain only means that multiple grains are used. The grains could still be refined.)