



**Michigan City Area Schools
HIGH SCHOOL
2024 Menu
Winter/Spring**

Breakfast and Lunch is FREE to all MCAS students!

*Lunch includes your choice of entrée, low-fat milk and fruit and veggie sides.
Breakfast includes entrée, fruit, low-fat milk and 100% fruit juice.*

Office of Food Services • 1100 S. Woodland Ave. • Michigan City, IN 46360 • (219) 873-2131
www.mcas.k12.in.us/food • Nicole Santana, Director • Visit us on Facebook



	Monday	Tuesday	Wednesday	Thursday	Friday
Line 1	Baked Potato Bar w/Chili & Chicken Hot n Spicy or Regular Chix Sandwich Green Beans	Tangerine Chicken Vegetable Fried Rice Beef Hot Dog Waffle Fries	Mashed Potato Bowl Bacon Cheddar Burger Steamed Corn	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Buffalo Chix Wrap	Macaroni & Cheese Steamed Broccoli Cornbread Loaf Pulled Pork Quesadilla
Line 2	Baked Potato Bar w/Chili & Chicken Hot n Spicy or Regular Chix Sandwich Green Beans	Tangerine Chicken Vegetable Fried Rice Beef Hot Dog Waffle Fries	Mashed Potato Bowl Bacon Cheddar Burger Steamed Corn	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Buffalo Chix Wrap	Macaroni & Cheese Steamed Broccoli Cornbread Loaf Pulled Pork Quesadilla
Line 3	Spaghetti w/Meat Sauce Garlic Bread Green Beans Cheese Pizza	Flavored Hot Wings Celery/Carrots Sticks Ham & Cheese Sliders Onion Rings Cheese Pizza	Chicken Alfredo Glazed Carrots Pepperoni Pizza	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Philly Flatbread	Brunch for Lunch Pancakes/Sausage Cubed Potatoes Chefs Choice Pizza
Line 4	Spaghetti w/Meat Sauce Garlic Bread Green Beans Cheese Pizza	Flavored Hot Wings Celery/Carrots Sticks Ham & Cheese Sliders Onion Rings Cheese Pizza	Chicken Alfredo Glazed Carrots Pepperoni Pizza	Nacho Grande! Beef, Beans, Cheese and Tortilla Chips Philly Flatbread	Brunch for Lunch Pancakes/Sausage Cubed Potatoes Chefs Choice Pizza
 Choose up to 4 Sides with your entrée!	Fresh Greens, Diced Tomatoes, Sliced Apples, Sliced Pears, Cheddar Cheese Breadstick	Fresh Greens, Celery/Carrot Sticks, Seasonal Fresh Fruit, Broccoli Salad, Breadstick	Fresh Greens, Sliced Tomato, Pickles, Orange Wedges, Fresh Fruit, Pasta Salad, Bread- stick	Fresh Greens, Diced Tomatoes, Jalapenos, Salsa, Pineapple, Breadstick	Fresh Greens, Sliced Peaches, Coleslaw, Breadstick
 Includes daily Fruit, Juice and Milk	Donut Holes or Cereal	Breakfast Pizza or Cereal	Mini Cinnis, Banana, Lemon, or Blueberry Bread or Cereal	Ham & Egg Burrito or Cereal	Fun N' Fruitti Belgian Waffle or Cereal

**Market Fresh Deli
Sandwiches Daily**

- **Monday-All American Sub or Caprese Ciabatta**
- **Tuesday-Chicken Caesar Wrap**
- **Wednesday-Chipotle Turkey Wrap**
- **Thursday-Italian Sub**
- **Friday-Ham & Cheese Deli**

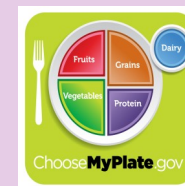
**Everyday: PB&J Pack
Protein Box**

Fresh Salads Daily

- **Monday-Buffalo Chicken**
- **Tuesday-Grilled Chicken**
- **Wednesday-Cobb**
- **Thursday-Taco**
- **Friday-Veggie or Chef**

What Makes a Meal?

**Choose at least 3 colors to make
a full meal!**



One item must be a fruit or vegetable!