



SEPTEMBER | 2017

West Shore ESD Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				¹ Food Service 231-757-5721 mnielsen@mccschools.org
⁴ Labor Day No school	⁵ Pepperoni Pizza Green Beans Oranges Choice of Milk	⁶ Ham Deli Potatoes Bun Peaches Choice of Milk	⁷ Spaghetti/ meat sauce Cucumber Slices Breadsticks Mixed Fruit Choice of Milk	⁸ Hotdog on a Bun Romaine Salad Watermelon Choice of Milk
¹¹ Sloppy Nachos Tortilla Chips Bean Salad Oranges Choice of Milk	¹² Cheeseburger Bun Whipped Potatoes Peaches Choice of Milk	¹³ Pancakes & Sausage Hashbrown Banana Choice of Milk	¹⁴ Sloppy Joe Bun Carrot Sticks Pineapple Choice of Milk	¹⁵ Bosco Sticks Peas Peaches Milk
¹⁸ Walking Taco Corn Chips Garden Mix Salad Diced Peaches Choice of Milk	¹⁹ Turkey & Gravy Mashed Potatoes Applesauce Choice of Milk	²⁰ Chicken Alfredo Broccoli Carrot Sticks Banana Choice of Milk	²¹ Pizza Day Green Beans Pears Milk	²² Tacos Cherry Tomatoes Diced Pears Taco Shell Choice of Milk
²⁵ Cheesy Mac & Cheese Green Beans Apple Choice of Milk	²⁶ Pulled Pork Bean Salad Peaches Bun Choice of Milk	²⁷ Chicken Fajita – soft Shell Carrot Sticks Apple Choice of Milk	²⁸ Bosco Sticks Corn Fresh Fruit & Veggie Bar Choice of Milk	²⁹ Chicken Nuggets French Fries Fresh Apple Dinner roll Choice of Milk

News

All bread, bread items
and pasta are whole or
multi grain.
Milk offered
Daily
Lowfat 1 % White Milk

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