

<b>Menu Subject to Change</b>	<b>MESC Menu - January 2024</b>				
<b>8-12</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cold Cereal, Fruit	Breakfast Scones with Ham and Cheese and Green Onion, Fruit	Scrambled eggs and Fried Balogna, Fruit	Assorted Muffins, Yogurt, Fruit	Pancakes/Sausage , Fruit
<b>Lunch</b>	Meaty Mac and Cheese, Caesar Salad, Fruit	Perogies/Sausage, Vegetable Salad with Barley, Fruit	Vegetable Soup and Bannock, Tossed Salad, Fruit	Shepherds Pie, Coleslaw, Fruit Salad	Pizza Buns , Caesar salad, Fruit
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
<b>15-19</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cold Cereal, Fruit	Cheese and Sausage Frittata, Fruit	Pancakes/Sausage, Fruit	Yogurt, Fruit	
<b>Lunch</b>	Alfredo w Ham, Caesar Salad, Fruit	Bannock Taco, Salad, Fruit	Chicken Soup, Bannock, Fruit Salad	Pizza Day! Ceaser Salad, Fruit Salad	<b>Prep Day/ Staff Lunch At Jr &amp; Sr High for 350 ppl</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	
<b>23-27</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cold Cereal, Fruit	Ham, Eggs, Hashbrowns, Fruit	Cereal, Porridge, Fruit	Quiche, fruit	Yogurt, Fruit
<b>Lunch</b>	Stroganoff Salads, Fruit	Bannock Taco, Salad, Fruit	Beef Barley Soup, Bannock, Salad, Fruit	Roast Porkloin, Mashed Potatoes, Veg, Gravy, Salad, Fruit	Pizza Day! Ceaser Salad, Fruit Salad
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods
<b>30-2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cold Cereal, Fruit	Pancakes, Sausage, Fruit	Assorted Muffins, Yogurt, Fruit	Scrambled eggs and Fried Balogna, Fruit	
<b>Lunch</b>	Pasta Alfredo with Ham and Cheese, Salad, Fruit	Sesame Pork, Stirfired Vegetables over Rice, Salad, Fruit	Sloppy Joes on Bannock , Salad, Fruit	Pizza Day! Ceaser Salad, Fruit Salad	<b>Prep Day/ kitchen visits</b>
<b>Snacks</b>	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	Fruit or baked goods	