

# November 2023

## Central City Cyberschool/Cyber High K-12 HOT LUNCH MENU



**MCFI**  
MILWAUKEE CENTER  
FOR INDEPENDENCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Salisbury Steak w/ Gravy WG Pretzel Breadstick Steamed Corn Seasonal Fruit Assorted WG Crackers Choice of Milk	2 Beef Meatball Sub w/ Marinara WG Bun Shredded Mozzarella LOCAL Romaine Lettuce Salad Dressing Packet Seasonal Fruit Choice of Milk	3 WG Chicken Patty Sandwich WG Bun Mayo Packet Steamed Green Beans Seasonal Fruit Choice of Milk
6 Sweet and Sour Chicken WG Brown Rice WG Pretzel Breadstick Fresh Broccoli Bites Seasonal Fruit Choice of Milk	7 WG Popcorn Chicken (10 each) BBQ Sauce Packet Mashed Potatoes Seasonal Fruit Choice of Milk	8 BBQ Sandwich (Pork or Chicken) WG Hamburger Bun Fresh Celery Sticks Seasonal Fruit Choice of Milk	9 Cheeseburger on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	10 Hearty Beef and Bean Chili Shredded Cheddar Cheese WG Cornbread WG Goldfish Crackers Crunchy Baby Carrots Seasonal Fruit Choice of Milk
13 WG Italian and Garlic Cheesy Pull Aparts Marinara Dipping Sauce (1/4 cup) Crunchy Baby Carrots Seasonal Fruit Choice of Milk	14 Beef Nachos Shredded Cheddar & Taco Sauce Tortilla Chips (1 oz) Fiesta Black Beans Seasonal Fruit WG Graham Crackers Choice of Milk	15 Turkey Kielbasa WG Hot Dog Bun Fresh Celery Sticks Seasonal Fruit Choice of Milk	16 Dominos Cheese Pizza Slice LOCAL Romaine Lettuce Salad Dressing Packet Seasonal Fruit WG Crackers Choice of Milk	17 Oven Roasted Turkey w/ Gravy WG Pretzel Breadstick WG Corn Bread Mashed Potatoes Seasonal Fruit Choice of Milk
20 <b>Thanksgiving Break Closed</b>	21 <b>Thanksgiving Break Closed</b>	22 <b>Thanksgiving Break Closed</b>	23 <b>Thanksgiving Break Closed</b>	24 <b>Thanksgiving Break Closed</b>
27 Dominos Cheese Pizza Slice Baby Carrots Seasonal Fruit Assorted WG Crackers Choice of Milk	28 Teriyaki Chicken WG Brown Rice Fresh Broccoli Bites Seasonal Fruit WG Cheddar Goldfish Choice of Milk	29 Crispy Chicken Salad W/ WG Popcorn Chicken (10 each) Local Romaine Lettuce Salad Dressing Packet WG Pretzel Breadstick Seasonal Fruit Choice of Milk	30 Southwest Beef and Bean Burger WG Hamburger Bun Ketchup Steamed Corn Seasonal Fruit Choice of Milk	<b>MILK FOR SCHOOLS:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE  <b>MENU SUBJECT TO CHANGE</b>

**MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

**K-12 HOT Lunch**

This institution is an equal opportunity provider.