



MOT CHARTER
K-12 • Arts, Science & Technology

June 2022



Healthy Eating:
Fruits and Vegetables

MOT CHARTER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Grab & Go Bag Lunch Carrots, Fruit Choice of Milk	Chicken Patty Sandwich Baked Beans, Fruit Choice of Milk	Cheese Pizza, Broccoli Tossed Salad, Fruit Choice of Milk
6	7	8	9	10
Mozzarella Sticks, Marinara Broccoli, Fruit Choice of Milk	Mangers Choice - Beef Potatoes, Fruit Choice of Milk	Grab & Go Bag Lunch Carrots, Fruit Choice of Milk	Manager's Choice - Chicken Baked Beans, Fruit Choice of Milk	Cheese Pizza Tossed Salad, Fruit Choice of Milk
13	14	15		
Manager's Choice Baked Beans, Corn, Fruit Choice of Milk	Manager's Choice Broccoli, Tossed Salad Choice of Milk	Grab & Go Bag Lunch Carrots, Fruit Choice of Milk		
		STUDENT HALF DAY		
<p>Have a good Summer!</p>				

Student Lunch = FREE
Adult Lunch = \$4.00



1% White
Nonfat Chocolate






Menu Subject to Change

This institution is an equal opportunity provider.





MOT CHARTER SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Whole Grain Muffin Fruit Choice of Milk	2 WG Cinnamon Roll Fruit Choice of Milk	3 PopTart & Yogurt Fruit Choice of Milk
6 Whole Grain Cereal Fruit Choice of Milk	7 Whole Grain Donuts Fruit Choice of Milk	8 Whole Grain Muffin Fruit Choice of Milk	9 WG Cinnamon Roll Fruit Choice of Milk	10 PopTart & Yogurt Fruit Choice of Milk
13 Whole Grain Cereal Fruit Choice of Milk	14 Manager's Choice Fruit Choice of Milk	15 Manager's Choice Fruit Choice of Milk	 	
		STUDENT HALF DAY		
				

Student Breakfast = FREE
Adult Breakfast = \$2.50



1% White
Nonfat Chocolate



Menu Subject to Change



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