



This institution is an equal opportunity provider

MHS & MIHS August 2023

NOTES

Daily Fruit Choices: Fresh Fruit, Canned Fruit, 100% Fruit Juice
Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour
Daily Lunch Entrées Offered: Breaded Chicken Sandwich, Cheese or Pepperoni Pizza, Smucker's Uncrustable Lunch Pack
Daily Milk Choices: 1% White, Skim Chocolate
Daily Breakfast Entrées Offered: Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 WELCOME BACK! FIRST DAY OF SCHOOL: AUGUST 28TH	22 FREE LUNCH MEALS FOR ELIGIBLE STUDENTS – APPLY @ WWW.MTSD.ORG	23 STUDENT MEAL PRICES: BREAKFAST: FREE PAID LUNCH: \$2.70	24 CHECK OUT OUR ONLINE MENUS @ WWW.NUTRISLICE.COM OR @ WWW.MTSD.ORG	25 BREAKFAST MEAL INCLUDES: ENTRÉE, FRUIT (2), & MILK CHOICE LUNCH MEAL INCLUDES: ENTRÉE, FRUIT (2), VEGETABLE (2), & MILK CHOICE
28 BKFAST: Chocolate Filled Crescent Grill: Cheeseburger Entree: Waffles & Sausage Links Salad: Vegetable Baja Tortilla: Beef Nachos Deli: Chicken & Feta Wrap Pizza: Greek	29 BKFAST: Glazed Cinnamon Roll Grill: Sloppy Joe Melt Entree: Kickin' Chicken Fries Salad: Egg Caesar Tortilla: Cheese Quesadilla Deli: Chicken Salad Sub Pizza: Cheeseburger	30 BKFAST: Ham & Tater Tot Strata Grill: Spicy Chicken Sandwich Entree: Pepperoni Stromboli Salad: Vegetable Baja Tortilla: Beef Nachos Deli: Turkey & Cheese Wrap Pizza: Chicken Mac-n-Cheese	31 BKFAST: Oatmeal C.C. Bar Grill: Bacon Cheeseburger Entree: General Tso Chicken w/ Rice Salad: Egg Caesar Tortilla: Cheese Quesadilla Deli: Jerk Chicken Flatbread Pizza: Broccoli, Pepper, & Onion	

All menu items are subject to change daily without notice due to global supply chain shortages

All lunches must include a fruit and/or vegetable choice and may include a milk choice



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Try the **Chipotle Cheesy Bean Nachos** on September 19th & 21st!

MHS & MIHS

September 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE LUNCH MEALS FOR ELIGIBLE STUDENTS – APPLY @ WWW.MTSD.ORG	BREAKFAST MEAL INCLUDES: ENTRÉE, FRUIT (2), & MILK CHOICE LUNCH MEAL INCLUDES: ENTRÉE, FRUIT (2), VEGETABLE (2), & MILK CHOICE	STUDENT MEAL PRICES: BREAKFAST: FREE PAID LUNCH: \$2.70	CHECK OUT OUR ONLINE MENUS @ WWW.NUTRISLICE.COM OR @ WWW.MTSD.ORG	
NO SCHOOL 4	BKFAST: Chocolate Eggo Waffles 5 Grill: Cheese Dippers w/ Sauce Entree: Chicken Parmesan Flatbread Salad: Italian Ham Tortilla: Cheese Quesadilla Deli: Mediterranean Wrap Pizza: Meatball	BKFAST: Strawberry Apple Smoothie 6 Grill: Parmesan Pepper Ranch Burger Entree: Walking Taco w/ Cinnamon Churro Salad: Vegetable Greek Tortilla: Beef Nachos Deli: Ham & Cheese Sub Pizza: Buffalo Blue Chicken	BKFAST: Pumpkin Spice Crunch Donut 7 Grill: BBQ Rib Sandwich Entree: Fish Tacos & Rice w/ Sriracha Coleslaw Salad: Italian Ham Tortilla: Cheese Quesadilla Deli: Greek Chicken FB Pizza: Hawaiian	BKFAST: Cinnamon Chip Scone 1 Grill: Spicy Chicken Sandwich Entree: Taco Flatbread w/ Salsa Salad: Vegetable Baja Tortilla: Beef Nachos Deli: Roasted Vegetable Sub Pizza: Chicken & Sausage
BKFAST: Cinnamon Biscuit 11 Grill: Sriracha Crunch Cheeseburger Entree: Chicken Patty Sliders Salad: Caesar Tortilla: Beef Nachos Deli: Garbanzo Salad Sub Pizza: Chicken & Sausage	BKFAST: Sausage Breakfast Pizza 12 Grill: Mac & Cheese-Burger Entree: Pasta & Meatballs w/ Garlic Toast Salad: Egg Chef Tortilla: Cheese Quesadilla Deli: Asian Chicken Wrap Pizza: Hawaiian	BKFAST: Glazed Cinnamon Roll 13 Grill: Parmesan Chicken Meatball Sub Melt Entree: Chicken & Vegetable Dumpling w/ Rice Salad: Caesar Tortilla: Beef Nachos Deli: Turkey, Mushroom, & Swiss FB Pizza: Cheeseburger	BKFAST: Blueberry Muffin Top 14 Grill: Spicy Chicken Sandwich Entree: French Toast Sticks & Sausage Salad: Egg Chef Tortilla: Cheese Quesadilla Deli: Ham, Cheese, & Caramelized Onion FB Pizza: BBQ Chicken w/ Sriracha Glaze	BKFAST: Mixed Berry Scone 15 Grill: Honey Mustard Chicken Melt Entree: Tater Tot Beef Nachos Salad: Caesar Tortilla: Beef Nachos Deli: Chicken Parmesan FB Pizza: Mexican Beef
BKFAST: Bacon Breakfast Pizza 18 Grill: Chili Cheese Dog Entree: Mini Corn Dogs w/ Sriracha Chili Sauce Salad: Turkey Chef Tortilla: Beef Nachos Deli: Cubano FB Pizza: Vegetable Pesto	BKFAST: Pumpkin Spice Donut Holes 19 Grill: Philly Cheesesteak Entree: Chipotle Cheesy Bean Nachos Salad: Ranch Chicken Tortilla: Cheese Quesadilla Deli: Turkey & Cheese BaBoom Sub Pizza: Chicken & Sausage	BKFAST: Apple & Orange Yogurt Smoothie 20 Grill: Roast Onion & Jalapeno Burger w/ Garlic Mayo Entree: Popcorn Chicken Bowl w/ Fresh Baked Roll Salad: Turkey Chef Tortilla: Beef Nachos Deli: White Bean Feta & Cucumber Wrap Pizza: Buffalo Blue Chicken	BKFAST: Turkey Pancake Wrap 21 Grill: Corn Dog Entree: Chipotle Cheesy Bean Nachos Salad: Ranch Chicken Tortilla: Cheese Quesadilla Deli: Ham, Cheese, & Caramelized Onion FB Pizza: Hawaiian	BKFAST: Ham & Cheese Bagel 22 Grill: Chipotle Cheeseburger Entree: Cheesy Baked Penne Salad: Turkey Chef Tortilla: Beef Nachos Deli: Tuna Salad Sandwich Pizza: Taco
BKFAST: Blueberry Muffin Square 25 Grill: BBQ Rib Sandwich Entree: Breaded Fish Melt Salad: Ham Chef Tortilla: Beef Nachos Deli: Three Cheese Sub Pizza: Taco	BKFAST: Cheesy Breakfast Sandwich 26 Grill: Spicy Chicken Sandwich Entree: Kickin' Bean & Beef Tortilla Bowl Salad: Buffalo Ranch Popcorn Chicken Tortilla: Cheese Quesadilla Deli: Roasted Tomato Chicken Meatball FB Pizza: Chicken Parmesan	BKFAST: Sausage Breakfast Sandwich 27 Grill: Cheeseburger Entree: Chicken Alfredo Penne w/ Garlic Toast Salad: Ham Chef Tortilla: Beef Nachos Deli: Broccoli Vegetarian FB Pizza: BBQ Chicken	BKFAST: Three Cheese Mexi Maple FB 28 Grill: Chipotle Cheeseburger Entree: Jalapeno Burger w/ Cheese & Salsa Salad: Buffalo Ranch Popcorn Chicken Tortilla: Cheese Quesadilla Deli: Sante Fe Turkey Wrap Pizza: Fully Loaded	BKFAST: Cinnamon Breakfast Round 29 Grill: Spicy Chicken Sandwich Entree: Buffalo Popcorn Chicken Mac-n-Cheese Salad: Ham Chef Tortilla: Beef Nachos Deli: Chicken Ranch Club FB Pizza: Chili Lime & Beef

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