



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

MHS & MIHS

September 2023

This institution is an equal opportunity provider

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
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	BKFFT: Cinnamon Chip Scone Grill: Spicy Chicken Sandwich Entree: Taco Flatbread w/ Salsa Salad: Vegetable Baja Tortilla: Beef Nachos Deli: Roasted Vegetable Sub Pizza: Chicken & Sausage
NO SCHOOL	4 BKFFT: Chocolate Eggo Waffles Grill: Cheese Dippers w/ Sauce Entree: Chicken Parmesan Flatbread Salad: Italian Ham Tortilla: Cheese Quesadilla Deli: Mediterranean Wrap Pizza: Meatball	5 BKFFT: Strawberry Apple Smoothie 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	6 BKFFT: Pumpkin Spice Crunch Donut Grill: BBQ Rib Sandwich Entree: Fish Tacos & Rice w/ Sriracha Coleslaw Salad: Italian Ham Tortilla: Cheese Quesadilla Deli: Greek Chicken FB Pizza: Hawaiian	7 BKFFT: Ham & Cheese Maple Flatbread Grill: Chicken & Pimento Grilled Sandwich Entree: Buzzer Beater Basket Salad: Vegetable Greek Tortilla: Beef Nachos Deli: Egg Salad Sandwich Pizza: Vegetable Pesto
11 BKFFT: Cinnamon Biscuit Grill: Sriracha Crunch Cheeseburger Entree: Chicken Patty Sliders Salad: Caesar Tortilla: Beef Nachos Deli: Garbanzo Salad Sub Pizza: Chicken & Sausage	12 BKFFT: Sausage Breakfast Pizza Grill: Mac & Cheese-Burger Entree: Pasta & Meatballs w/ Garlic Toast Salad: Egg Chef Tortilla: Cheese Quesadilla Deli: Asian Chicken Wrap Pizza: Hawaiian	13 BKFFT: Glazed Cinnamon Roll Grill: Parmesan Chicken Meatball Sub Melt Entree: Chicken & Vegetable Dumpling w/ Rice Salad: Caesar Tortilla: Beef Nachos Deli: Turkey, Mushroom, & Swiss FB Pizza: Cheeseburger	14 BKFFT: Blueberry Muffin Top 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	15 BKFFT: Mixed Berry Scone Grill: Honey Mustard Chicken Melt Entree: Tater Tot Beef Nachos Salad: Caesar Tortilla: Beef Nachos Deli: Chicken Parmesan FB Pizza: Mexican Beef
18 BKFFT: Bacon Breakfast Pizza Grill: Chili Cheese Dog Entree: Mini Corn Dogs w/ Sriracha Chili Sauce Salad: Turkey Chef Tortilla: Beef Nachos Deli: Cubano FB Pizza: Vegetable Pesto	19 BKFFT: Pumpkin Spice Donut Holes Grill: Philly Cheesesteak Entree: Chipotle Cheesy Bean Nachos Salad: Ranch Chicken Tortilla: Cheese Quesadilla Deli: Turkey & Cheese BaBoom Sub Pizza: Chicken & Sausage	20 BKFFT: Apple & Orange Yogurt Smoothie 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	21 BKFFT: Turkey Pancake Wrap Grill: Corn Dog Entree: Chipotle Cheesy Bean Nachos Salad: Ranch Chicken Tortilla: Cheese Quesadilla Deli: Ham, Cheese, & Caramelized Onion FB Pizza: Hawaiian	22 BKFFT: Ham & Cheese Bagel Grill: Chipotle Cheeseburger Entree: Cheesy Baked Penne Salad: Turkey Chef Tortilla: Beef Nachos Deli: Tuna Salad Sandwich Pizza: Taco
25 BKFFT: Blueberry Muffin Square Grill: BBQ Rib Sandwich Entree: Breaded Fish Melt Salad: Ham Chef Tortilla: Beef Nachos Deli: Three Cheese Sub Pizza: Taco	26 BKFFT: Cheesy Breakfast Sandwich 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	27 BKFFT: Sausage Breakfast Sandwich Grill: Cheeseburger Entree: Chicken Alfredo Penne w/ Garlic Toast Salad: Ham Chef Tortilla: Beef Nachos Deli: Broccoli Vegetarian FB Pizza: BBQ Chicken	28 BKFFT: Three Cheese Mexican Maple FB 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	29 BKFFT: Cinnamon Breakfast Round 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

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