



FREE LUNCH MEALS FOR ELIGIBLE STUDENTS –
APPLY ONLINE @ WWW.MTSD.ORG
CHECK OUT OUR ONLINE MENUS @
WWW.NUTRISLICE.COM OR WWW.MTSD.ORG



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



**MIDDLE
 SCHOOL**

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
Student Meal Prices: Breakfast FREE Paid Lunch \$2.70	Meal Includes: Entrée, Fruit (1), Vegetable (2), & Milk Selection			Breakfast: Cinnamon Chip Scone Lunch: Chicken Nuggets Fresh Baked Breadstick Baked Beans Chicken Chef Salad 1	Daily Favorites: Breaded Chicken Sandwich Cheese Pizza Pepperoni Pizza Specialty Pizza Smucker's Uncrustable Fruit Selections: Fresh Whole Fruit - Daily Canned Fruit – Daily 100% Fruit Juice – Daily @ Breakfast Offered Tuesday & Thursday for Lunch Vegetable Selections: Daily Rotation of Assorted Fresh Veggies Red/Green Peppers Baby Carrots Cucumber Slices Fresh Broccoli Tomatoes Side Salad Milk Selections: Skim Chocolate Milk 1% White Milk Daily Breakfast Selections: Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars Stop down for a FREE delicious breakfast every morning!
No School 4	Breakfast: Chocolate Eggo Waffles Lunch: Chicken Parmesan Flatbread Seasoned Green Beans Pretzel, Yogurt, & Cheese Pack 5	Breakfast: Strawberry Apple Smoothie Lunch: Nacho Cheese Walking Taco Sweet Golden Corn Turkey Chef Salad 6	Breakfast: Pumpkin Spice Cinnamon Toast Crunch Donut Lunch: Bacon Cheeseburger Baked Beans Ham & Cheese Sub 7	Breakfast: Country Chicken Ham & Cheese Maple Flatbread Lunch: Cheese Quesadilla Curly Fries Popcorn Chicken Salad 8	
Breakfast: Cinnamon Biscuit Lunch: Chicken Patty Sliders Sweet Golden Corn Egg Chef Salad 11	Breakfast: Mixed Berry Scone Lunch: Pasta w/ Meatballs Seasoned Green Beans Three Cheese Sub 12	Breakfast: Glazed Cinnamon Roll Lunch: Chicken & Vegetable Dumpling w/ Fried Rice Seasoned Peas & Carrots Fruit & Yogurt Plate 13	Breakfast: Chicken & Cheese Biscuit Lunch: French Toast Sticks w/ Turkey Sausage Patties Hashbrown Turkey & Cheese Sandwich 14	Breakfast: Mini Cinni Breakfast Bar Lunch: Smith's Hot Dog Baked Beans All-American Salad 15	
Breakfast: Chocolate Chip Breakfast Round Lunch: Mini Chicken Corn Dogs Fresh Baked Breadstick Green Beans & Carrots Ranch Chicken Salad 18	Breakfast: Chicken Snack Wraps Lunch: Chipotle Cheesy Bean Nachos Tater Tots Ham & Cheese Sub 19	Breakfast: Apple Orange Yogurt Smoothie Lunch: Popcorn Chicken Bowl Fresh Baked Breadstick Sweet Golden Corn Turkey Chef Salad 20	Breakfast: Turkey Pancake Wrap Lunch: Chipotle Cheesy Bean Nachos Refried Beans Turkey & Cheese Sub 21	Breakfast: Glazed Donut Lunch: Spicy Popcorn Chicken Fresh Baked Breadstick Mixed Veggies Ranch Chicken Salad 22	
Breakfast: Blueberry Muffin Square Lunch: Beef Soft Tacos Sweet Golden Corn Ham Chef Salad 25	Breakfast: French Toast Sticks Lunch: Mozzarella Pizza Crunchers Seasoned Green Beans Turkey & Cheese Sandwich 26	Breakfast: Sausage Breakfast Sandwich Lunch: Pancake Bites w/ Turkey Sausage Patties Tater Tots Chicken & Cheese Salad 27	Breakfast: Chocolate Filled Crescent Lunch: Kickin' Bean & Beef Rice Bowl Mexicali Corn Ham & Cheese Sub 28	Breakfast: Cinnamon Breakfast Round Lunch: Grilled Cheese Tomato Soup Baked Beans Egg Chef Salad 29	