



This institution is an equal opportunity provider

FREE LUNCH MEALS FOR ELIGIBLE STUDENTS –

APPLY ONLINE @ WWW.MTSD.ORG

CHECK OUT OUR ONLINE MENUS @

WWW.NUTRISLICE.COM OR WWW.MTSD.ORG

September 2023

Daily Breakfast Entrée Choices: Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars

Daily Milk Choices: 1% White Milk or Skim Chocolate Milk

Daily Fruit Choices: Fresh Fruit, Canned Fruit

- 100% Fruit Juice is offered Monday through Friday @ Breakfast

- 100% Fruit Juice is offered Tuesday and Thursday @ Lunch

Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour

NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BKFST: Chicken & Cheese Muffin Entree: Pizza (Cheese or Pep) Deli: Pretzel, Yogurt, & Cheese Pack Smucker's PBJ Pack
4 NO SCHOOL	5 BKFST: Banana C.C. Muffin Square Entree: Popcorn Chicken Bowl w/ a Freshly Baked Roll Tortilla: Cheese Quesadilla Deli: Turkey & Cheese Sub Smucker's PBJ Pack	6 BKFST: Country Chicken Biscuit Grill: Smith's Cheese Dog Entree: Italian Meatball Sub Salad: Chicken Chef w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	7 BKFST: Turkey Pancake Wrap Grill: Chicken Patty Sandwich Entree: Bacon Cheeseburger Deli: Ham & Cheese Sub Smucker's PBJ Pack	8 BKFST: Egg & Cheese Muffin Grill: Smith's Hot Dog Entree: Pizza (Cheese or Pep) Deli: Pretzel, Yogurt, & Cheese Pack Smucker's PBJ Pack
11 BKFST: Cinnamon Biscuit Grill: Smith's Cheese Dog Entree: Chicken Patty Sliders Salad: Egg Chef w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	12 BKFST: C.C. Benefit Bar Grill: Chicken Tenders w/ a Freshly Baked Roll Entree: Beef Soft Tacos Deli: Three Cheese Sub Smucker's PBJ Pack	13 BKFST: Apple Cinnamon Square Grill: Bacon Cheeseburger Entree: Pasta w/ Meatballs Salad: Italian Ham w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	14 BKFST: Blueberry Muffin Top Grill: Grilled Cheese Melt Entree: French Toast Sticks w/ Sausage Deli: Ham & Cheese Sub Smucker's PBJ Pack	15 BKFST: Egg & Cheese Muffin Grill: Smith's Hot Dog Entree: Pizza (Cheese or Pep) Deli: Pretzel, Yogurt, & Cheese Pack Smucker's PBJ Pack
18 BKFST: Breakfast Pizza Grill: Chicken Tenders w/ a Garlic Breadstick Entree: Cheeseburger Salad: Garden Salad w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	19 BKFST: Glazed Donut Grill: Cheese Pizzadilla Entree: Mini Chicken Corn Dogs Deli: Smucker's PBJ Pack Pizza: Pepperoni & Cheese FB	20 BKFST: Ham, Egg, & Cheese Tater Tot Taco Grill: Smith's Hot Dog Entree: Grilled Cheese Melt Salad: Chicken Chef w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	21 BKFST: Turkey Pancake Wrap Entree: Popcorn Chicken Bowl w/ a Garlic Breadstick Tortilla: Cheese Quesadilla Deli: Cheese Sandwich Smucker's PBJ Pack	22 BKFST: Celebration Benefit Bar Grill: Smith's Hot Dog Entree: Pizza (Cheese or Pep) Deli: Pretzel, Yogurt, & Cheese Pack Smucker's PBJ Pack
25 BKFST: Blueberry Muffin Square Grill: Corn Dog Entree: Mozzarella Pizza Crunchers w/ Sauce Salad: Chicken Chef w/ a Freshly Baked Dinner Roll Deli: Smucker's PBJ Pack	26 BKFST: Egg & Cheese Muffin Grill: Cheeseburger Entree: Beef Soft Tacos Deli: Ham & Cheese Sandwich Smucker's PBJ Pack	27 BKFST: Mini Sausage Pancake Bites Grill: Chicken Tenders w/ a Freshly Baked Roll Entree: Chicken Patty Sandwich Salad: Egg Chef w/ a Freshly Baked Roll Deli: Smucker's PBJ Pack	28 BKFST: Sausage Breakfast Sandwich Grill: Smith's Hot Dog Entree: Italian Meatball Sub Deli: Turkey Sub Smucker's PBJ Pack	29 BKFST: French Toast Sticks Entree: Pizza (Cheese or Pep) Deli: Pretzel, Yogurt, & Cheese Pack Smucker's PBJ Pack

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 and may include a milk choice