

TROJAN RALLY CAFE

McDowell Senior High November 2023

Daily Fruit Choices: Fresh Fruit, Assorted Fruit Cups, 100% Fruit Juice
 Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour
 Daily Milk Choices: 1% White, Skim Chocolate
 Grill Station Favorites: Chicken Patty, Spicy Chicken Patty
 Available Daily (Lunch): Cheese or Pepperoni Pizza, Smucker's Uncrustable Lunch Pack
 Available Daily (Breakfast): Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars

NOTES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Student Meal Prices:

Breakfast: FREE

Paid Lunch: \$2.70

BKFST: Bagel Sandwich Variety **1**
Entree: Pepperoni Stromboli
Hot Vegetable: Green Beans
Salad: MTO Station
Deli: MTO Station
Pizza:
 Buffalo Chicken



BKFST: Breakfast Pizza **2**
Entree: Ham & Cheese Pretzel Melt
Hot Vegetable: Steamed Broccoli
Salad: MTO Station
Deli: MTO Station
Pizza: Meatlovers

BKFST: Glazed Cinnamon Roll **3**
Entree: Chef's Choice
Hot Vegetable: Baked Beans
Salad: MTO Station
Deli: MTO Station
Pizza: Veggie

**No School:
November
6th & 7th**



Coming Soon!

BKFST: Bagel Sandwich Variety **8**
Entree: Mozzarella Pizza Crunchers
Hot Vegetable: Steamed Broccoli
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: Breakfast Pizza **9**
Entree: French Toast Sticks
 Chicken Sausage
Hot Vegetable: Hashbrown
Salad: MTO Station
Deli: MTO Station
Pizza: Meatlovers



BKFST: Vanilla Glazed Donut **10**
Entree: Italian Meatball Sub
Hot Vegetable: Green Beans
Salad: MTO Station
Deli: MTO Station
Pizza: Veggie

BKFST: Cinnamon Chip Scone **13**
Entree: Cheese Dippers w/ Sauce
Hot Vegetable: Sliced Carrots
Salad: MTO Station
Deli: MTO Station
Pizza:
 Buffalo Chicken



BKFST: French Toast Sticks **14**
Entree: *Spicy Tzatziki Beef Gyro*
Hot Vegetable: Mixed Medley
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: Bagel Sandwich Variety **15**
Entree: Orange Chicken & Rice
Hot Vegetable: Steamed Broccoli
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: Breakfast Pizza **16**
Entree: Turkey
 Mashed Potatoes w/ Gravy
 Freshly Baked Roll w/ Butter
Hot Vegetable: Green Beans
Salad: MTO Station
Deli: MTO Station
Pizza: Meatlovers

BKFST: Glazed Cinnamon Roll **17**
Entree: *Spicy Tzatziki Beef Gyro*
Hot Vegetable: Mixed Medley
Salad: MTO Station
Deli: MTO Station
Pizza: Veggie

BKFST: Mixed Berry Scone **20**
Entree: General Tso Chicken & Rice
Hot Vegetable: Steamed Broccoli
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: French Toast Sticks **21**
Entree: Chicken Quesadilla
Hot Vegetable: Refried Beans
Salad: MTO Station
Deli: MTO Station
Pizza:
 Buffalo Chicken



BKFST: Bagel Sandwich Variety **22**
Entree: Chicken Tenders w/ a Roll
Hot Vegetable: Buttered Corn
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

EARLY DISMISSAL

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **27**

BKFST: French Toast Sticks **28**
Entree: Chicken Sliders
Hot Vegetable: Baked Beans
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: Bagel Sandwich Variety **29**
Entree: Pasta w/ Meat Sauce
Hot Vegetable: Green Beans
Salad: MTO Station
Deli: MTO Station
Pizza: Buffalo Chicken

BKFST: Breakfast Pizza **30**
Entree: Buffalo Chicken FB
Hot Vegetable: Steamed Broccoli
Salad: MTO Station
Deli: MTO Station
Pizza: Meatlovers

Free Lunch Meals for Eligible Students - Apply Online: www.mtsd.org