

# TROJAN RALLY CAFE

## McDowell Senior High

# December 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: Skim Chocolate, 1% White  
 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

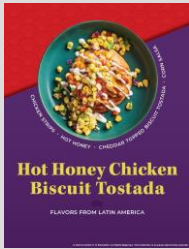
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**Give this Limited Time Entrée a try on: 12/12 or 12/19 ~ Add some spice to your plate!**

### Student Meal Prices:

**Breakfast: FREE**  
**Paid Lunch: \$2.70**

**Free Lunch Meals For Eligible Students – Apply Online: [www.mtsd.org](http://www.mtsd.org)**



**Try a Delicious Smoothie for Breakfast – it counts as a breakfast meal, so it is FREE!**

**1**  
 BKFST: Glazed Cinnamon Roll  
 Entree: Italian Meatball Sub  
 Hot Vegetable: Green Beans  
 Salad: MTO Station  
 Pizza: Veggie  
 Deli: MTO Station

\*Menus are subject to change without notice due to global supply chain shortages

4

BKFST: Chocolate Chip Muffin Top  
 Entree: Orange Chicken w/ Rice  
 Hot Vegetable: Steamed Broccoli  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station

5

BKFST: French Toast Sticks  
 Entree: "Chick-fil-a" Style Sandwich  
 Hot Vegetable: Waffle Fries  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station



6

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

7

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

8

BKFST: Vanilla Glazed Donut  
 Entree: Bacon Cheeseburger  
 Hot Vegetable: Baked Beans  
 Salad: MTO Station  
 Pizza: Veggie  
 Deli: MTO Station

11

BKFST: Mixed Berry Scone  
 Entree: Cheese Dippers w/ Sauce  
 Hot Vegetable: Green Beans  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station

12

BKFST: French Toast Sticks  
 Entree: **Hot Honey Chicken Biscuit Tostada**  
 Hot Vegetable: French Fries  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station

13

BKFST: Bagel Sandwich Variety  
 Entree: General Tso Chicken w/ Rice  
 Hot Vegetable: Steamed Broccoli  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station



14

BKFST: Breakfast Pizza  
 Entree: Pepperoni Stromboli  
 Hot Vegetable: Tater Tots  
 Salad: MTO Station  
 Pizza: Meatlovers  
 Deli: MTO Station

15

BKFST: Glazed Cinnamon Roll  
 Entree: Grilled Cheese Melt  
 Hot Vegetable: Tomato Soup Baked Beans  
 Salad: MTO Station  
 Pizza: Veggie  
 Deli: MTO Station

18

BKFST: Cinnamon Chip Scone  
 Entree: Bosco Pepperoni Pizza Sticks  
 Hot Vegetable: Steamed Broccoli  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station

19

BKFST: Cocoa Puff Pastry  
 Entree: **Hot Honey Chicken Biscuit Tostada**  
 Hot Vegetable: French Fries  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station



20

BKFST: Bagel Sandwich Variety  
 Entree: Chicken Quesadilla  
 Hot Vegetable: Buttered Corn  
 Salad: MTO Station  
 Pizza: Buffalo Chicken  
 Deli: MTO Station

21

BKFST: Breakfast Pizza  
 Entree: Buffalo Chicken FB  
 Hot Vegetable: Tater Tots  
 Salad: MTO Station  
 Pizza: Meatlovers  
 Deli: MTO Station

22

BKFST: Glazed Holiday Donut  
 Entree: "Chick-fil-a" Style Sandwich  
 Hot Vegetable: Baked Beans  
 Salad: MTO Station  
 Pizza: Veggie  
 Deli: MTO Station

25

**NO SCHOOL**



26

**NO SCHOOL**

27

**NO SCHOOL**

28

**NO SCHOOL**



29

**NO SCHOOL**

**ENJOY YOUR WINTER BREAK!**