

TROJAN RALLY CAFE

McDowell Intermediate

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, Cheeseburger, Hamburger
 Available Daily (Lunch): Cheese or Pepperoni Pizza, Smucker's Uncrustable Lunch Pack
 Available Daily (Breakfast): Assorted Cereals, Muffins, Pop Tarts, & Breakfast Bars

NOTES

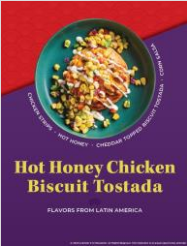
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Give this Limited Time Entrée a try on: 12/12 or 12/14 ~ 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



Try a Delicious Smoothie For Breakfast ~ it counts as a Breakfast Meal, so it is FREE!

1
BKFS: Glazed Cinnamon Roll
Entree: Italian Meatball Sub
Hot Vegetable: Green Beans
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

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

4

BKFS: Strawberry Mini Bagels
 Apple Frudel
Entree: Orange Chicken w/ Rice
Hot Vegetable: Steamed Broccoli
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

5

BKFS: French Toast Sticks
Entree: Pizza Crunchers w/ Sauce
Hot Vegetable: French Fries
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station



6

BKFS: Bagel Sandwich Variety
Entree: Popcorn Chicken Bowl
Hot Vegetable: Buttered Corn
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

7

BKFS: Breakfast Pizza
Entree: French Toast Sticks
 Chicken Sausage
Hot Vegetable: Hashbrown
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

8

BKFS: Vanilla Glazed Donut
Entree: Smith's Hot Dog
Hot Vegetable: Baked Beans
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

11

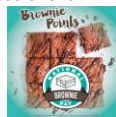
BKFS: Mixed Berry Scone
Entree: Cheese Dippers w/ Sauce
Hot Vegetable: Steamed Broccoli
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

12

BKFS: Mini Confetti Pancakes
Entree: *Hot Honey Chicken Biscuit Tostada*
Hot Vegetable: French Fries
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

13

BKFS: Bagel Sandwich Variety
Entree: Popcorn Chicken Bowl
Hot Vegetable: Buttered Corn
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station



14

BKFS: Breakfast Pizza
Entree: *Hot Honey Chicken Biscuit Tostada*
Hot Vegetable: Tater Tots
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

15

BKFS: Glazed Cinnamon Roll
Entree: Grilled Cheese Melt
Hot Vegetable: Tomato Soup
 Baked Beans
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

18

BKFS: Cocoa Puff Pastry
Entree: BBQ Rib Sandwich
Hot Vegetable: Steamed Broccoli
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station



19

BKFS: Mini Maple French Toast Squares
Entree: Chicken Quesadilla
Hot Vegetable: French Fries
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

20

BKFS: Bagel Sandwich Variety
Entree: Popcorn Chicken Bowl
Hot Vegetable: Buttered Corn
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

21

BKFS: Breakfast Pizza
Entree: Buffalo Chicken FB
Hot Vegetable: Tater Tots
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

22

BKFS: Glazed Holiday Donut
Entree: Smith's Hot Dog
Hot Vegetable: Baked Beans
Salad: Grab-n-Go Assortment
Tortilla: Nacho Bar
Deli: MTO Station

25

NO SCHOOL



26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL



29

NO SCHOOL

ENJOY YOUR WINTER BREAK!