



**BREAKFAST IS FREE  
FOR EVERYONE** 😊

# December 2023

Daily Breakfast Entrée Choices: Assorted Cereals, Pop Tarts, & Buttered Toast Slices  
 Daily Milk Choices: 1% White Milk or Skim Chocolate Milk  
 Daily Fruit Choices: Assorted Fresh Fruit, Assorted Fruit Cups  
 \*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**

**Our Meals Include:**

- Meals that are made fresh daily
- Assortments of Fresh Fruits & Vegetables
- Whole Grains
- 100% Fruit Juice
- Age-Appropriate Portion Sizes
- Healthy A La Carte Selections (Smart Snacks) that meet USDA Nutritional Standards for Calories, Fat, Sugar, & Sodium (available for purchase)

**Student Meal Prices:**

**Breakfast: FREE**  
**Paid Lunch: \$2.55**

**Free Lunch Meals for Eligible Students:**

**Apply Online Today!** [www.mtsd.org](http://www.mtsd.org)

**Smucker's Un crustable PBJ Pack – Available Daily (Includes an Un crustable & Cheese Stick)**

**1**  
**BKFST:** Mini Cinnamon Rolls  
**Entree:** Cheese Pizza  
           Pepperoni Pizza  
**Hot Vegetable:** Green Beans  
**Deli:** Pretzel, Cheese, & Yogurt Pack

**4**  
**BKFST:** Blueberry Muffin  
**Grill:** Corn Dog  
**Entree:** Pizza Crunchers w/ Sauce  
**Hot Vegetable:** Peas & Carrots  
**Salad:** Diced Chicken w/ Cheese

**5**  
**BKFST:** Bacon, Egg, & Cheese Bagel  
**Grill:** Chicken Nuggets  
           Freshly Baked Roll  
**Entree:** Beef Nachos w/ Cheese  
**Hot Vegetable:** Buttered Corn  
**Deli:** Ham & Cheese Wrap

**6**  
**BKFST:** Oatmeal C.C. Benefit Bar  
**Grill:** Chicken Tenders  
           Freshly Baked Breadstick  
**Entree:** Cheeseburger  
**Hot Vegetable:** Smiley Fries  
**Salad:** Egg Chef

**7**  
**BKFST:** Sausage & Cheese Bagel  
**Grill:** Chicken Patty Sandwich  
**Entree:** Smith's Hot Dog  
**Hot Vegetable:** Baked Beans  
**Deli:** Turkey & Cheese Wrap



**8**  
**BKFST:** French Toast Sticks  
**Grill:** Fish Sticks  
**Entree:** Cheese Pizza  
           Pepperoni Pizza  
**Hot Vegetable:** Green Beans  
**Deli:** Pretzel, Cheese, & Yogurt Pack

**11**  
**BKFST:** Scrambled Eggs w/ Bacon & Toast  
**Grill:** Chicken Nuggets  
           Freshly Baked Roll  
**Entree:** Grilled Cheese Melt  
**Hot Vegetable:** Tomato Soup  
**Salad:** Italian Ham

**12**  
**BKFST:** Celebration Benefit Bar  
**Grill:** Chicken Patty Sandwich  
**Entree:** Cheese Quesadilla  
**Hot Vegetable:** Waffle Fries  
**Deli:** Ham & Cheese Wrap



**13**  
**BKFST:** Powered Sugar Donut  
**Grill:** Cheese Dippers w/ Sauce  
**Entree:** Pasta & Meatballs  
**Hot Vegetable:** Green Beans  
**Salad:** Ham & Turkey Cobb

**14**  
**BKFST:** Mini Strawberry Bagels  
**Grill:** Mini Corn Dogs  
**Entree:** French Toast Sticks w/ Sausage  
**Hot Vegetable:** Hashbrown  
**Deli:** Turkey & Cheese Wrap

**15**  
**BKFST:** C.C. Muffin Top  
**Entree:** Cheese Pizza  
           Pepperoni Pizza  
**Hot Vegetable:** Glazed Carrots  
**Deli:** Pretzel, Cheese, & Yogurt Pack

**18**  
**BKFST:** Mini Waffles  
**Grill:** Chicken Nuggets  
           Freshly Baked Roll  
**Entree:** Pizza Crunchers w/ Sauce  
**Hot Vegetable:** Tater Tots  
**Deli:** Turkey & Cheese Wrap

**19**  
**BKFST:** Banana Muffin  
**Grill:** Popcorn Chicken  
           Freshly Baked Breadstick  
**Entree:** Cheese Quesadilla  
**Hot Vegetable:** Buttered Corn  
**Salad:** Popcorn Chicken w/ Cheese

**20**  
**BKFST:** Bacon, Egg, & Cheese Bagel  
**Grill:** Chicken Patty Sandwich  
**Entree:** Cheese Dippers w/ Sauce  
**Hot Vegetable:** Mixed Vegetables  
**Deli:** Ham & Cheese Wrap

**21**  
**BKFST:** Turkey Pancake Wrap  
**Grill:** Cheeseburger  
**Entree:** Smith's Hot Dog  
**Hot Vegetable:** Baked Beans  
**Salad:** Ham & Turkey Chef

**22**  
**BKFST:** Scrambled Eggs w/ Bacon & Toast  
**Entree:** Domino's Pizza (Cheese or Pepperoni)  
**Hot Vegetable:** Steamed Broccoli  
**Deli:** Pretzel, Cheese, & Yogurt Pack



**25**  
**NO SCHOOL**



**26**  
**NO SCHOOL**

**27**  
**NO SCHOOL**

**28**  
**NO SCHOOL**



**29**  
**NO SCHOOL**

**ENJOY YOUR WINTER BREAK!**

\*This institution is an equal opportunity provider                      \*All menu items are subject to change daily without notice due to global supply chain shortages