

# TROJANS RALLY CAFE

**McDowell Senior High**

## March 2024

**NOTES**

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Student Meal Prices:**

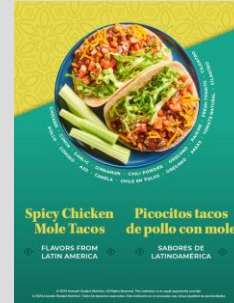
**Breakfast: FREE**  
**Paid Lunch: \$ 2.70**

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

*Limited Time Entrée:*  
**Spicy Chicken Mole Tacos**



*Give it a try!*  
**March 12<sup>th</sup> & 14<sup>th</sup>**



**1**  
**BKFS:** Vanilla Glazed Donut  
**Entree:** Chef's Choice  
**Hot Vegetable:** Mixed Vegetable  
**Pizza:** Vegetable

**Made to Order Salads & Deli Sandwiches are available daily**

**4**

**BKFS:** *Made from Scratch*  
 Breakfast Pizza

**Entree:** Pasta & Meatballs

**Hot Vegetable:**

Green Beans

**Pizza:** Buffalo Chicken



**5**

**BKFS:** Breakfast Palooza!

**Entree:** "Chick-fil-a" Style Sandwich

**Hot Vegetable:** Waffle Fries

Baked Beans

**Pizza:** Buffalo Chicken

**6**

**BKFS:** Vanilla Glazed Donut

**Entree:** Pepperoni Stromboli

**Hot Vegetable:** Steamed Broccoli

**Pizza:** Buffalo Chicken

**7**

**BKFS:** Breakfast Sandwich  
 Variety

**Entree:** *Brunch for Lunch!*

**Hot Vegetable:** Hashbrown

**Pizza:** Meat Trio

**8**

**BKFS:** *Glazed Cinnamon Roll*

**Entree:** Italian Meatball Sub

**Hot Vegetable:**

Steamed Carrots

**Pizza:**

*Made from Scratch*  
 Breakfast Pizza



# National Breakfast Week

**11**

**BKFS:** Cinnamon Chip Scone

**Entree:** Orange Chicken w/ Rice

**Hot Vegetable:** Steamed Broccoli

**Pizza:** Buffalo Chicken

**12**

**BKFS:** Breakfast Sandwich  
 Variety

**Entree:** Spicy Chicken Mole Tacos

**Hot Vegetable:**

Steamed Carrots

**Pizza:** Buffalo

Chicken



**13**

**BKFS:** Mini Confetti Pancakes

**Entree:** Chicken Quesadilla

**Hot Vegetable:** Buttered Corn

**Pizza:** Buffalo

Chicken

**14**

**BKFS:** French Toast Sticks

**Entree:** Spicy Chicken Mole Tacos

**Hot Vegetable:**

Refried Beans

**Pizza:** Meat Trio



**15**

**BKFS:** Vanilla Glazed Donut

**Entree:** Chef's Choice

**Hot Vegetable:** Mixed Vegetable

**Pizza:** Vegetable

**18**

**BKFS:** Breakfast Breads  
 (Blueberry or Lemon)

**Entree:** Buffalo Chicken Flatbread

**Hot Vegetable:** Green Beans

**Pizza:** Buffalo Chicken

**19**

**BKFS:** Mixed Berry Smoothie

**Entree:** Bacon Cheeseburger

**Hot Vegetable:**

Baked Beans

**Pizza:** Buffalo

Chicken



**20**

**BKFS:** Pillsbury Mini Cinnis

**Entree:** General Tso Chicken  
 w/ Rice

**Hot Vegetable:** Steamed Broccoli

**Pizza:** Buffalo Chicken

**21**

**BKFS:** Breakfast Sandwich  
 Variety

**Entree:** Boneless Wings

**Hot Vegetable:** Waffle Fries

**Pizza:** Meat Trio

**22**

**BKFS:** Glazed Cinnamon Roll

**Entree:** Mac-n-Cheese  
 Freshly Baked Roll

**Hot Vegetable:** Potato Wedges

**Pizza:** Vegetable

**25**

**BKFS:** Pillsbury Mini Strawberry  
 Cream Cheese Bagels

**Entree:** Grilled Cheese Melt

**Hot Vegetable:** Tomato Soup

**Pizza:** Buffalo Chicken

**26**

**BKFS:** Breakfast Sandwich  
 Variety

**Entree:** Chicken Tenders  
 Freshly Baked Roll

**Hot Vegetable:** Waffle Fries

**Pizza:** Buffalo Chicken

**27**

**BKFS:** Chef's Choice

**Entree:** Cheese Dippers w/  
 Pizza Sauce

**Hot Vegetable:** Mixed Vegetable

**Pizza:** Buffalo Chicken

**28**

**NO SCHOOL**

**29**

**NO SCHOOL**