

TROJANS RALLY CAFE

McDowell
Intermediate

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

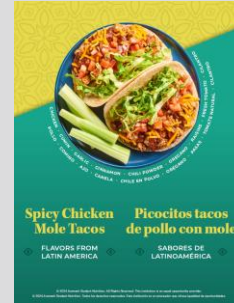
Free Lunch Meals for Eligible Students –
Apply Online @ www.mtsd.org

Daily Made to Order Stations (MTO): Deli, Tortilla
Grab-n-Go Station: Salads (Made Fresh Daily)

Limited Time Entrée:
Spicy Chicken Mole Tacos



Give it a try!
March 12th & 14th



1

BKFST: Vanilla Glazed Donut

Entree: Chef's Choice

Hot Vegetable: Mixed Vegetable

4

BKFST: Cinnamon Chip Scone

Entree: Pasta & Meatballs

Hot Vegetable:

Green Beans



5

BKFST: Breakfast Palooza!

Entree: Orange Chicken w/ Rice

Hot Vegetable: Steamed Broccoli

6

BKFST: Breakfast Sandwich
 Variety

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

7

BKFST: Made from Scratch
 Breakfast Pizza

Entree: Brunch for Lunch!

Hot Vegetable: Hashbrown

8

BKFST: Glazed Cinnamon Roll

Entree: Italian Meatball Sub

Hot Vegetable:

Steamed Carrots



National Breakfast Week

11

BKFST: Mini Confetti Pancakes

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

12

BKFST: Apple Frudel

Entree: Spicy Chicken Mole Tacos

Hot Vegetable:

Steamed Carrots



13

BKFST: Breakfast Sandwich
 Variety

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

14

BKFST: Made from Scratch
 Breakfast Pizza

Entree: Spicy Chicken Mole Tacos

Hot Vegetable:

Steamed Broccoli



15

BKFST: Vanilla Glazed Donut

Entree: "Chick-fil-a" Style Sandwich

Hot Vegetable: French Fries

Baked Beans

18

BKFST: French Toast Sticks

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

19

BKFST: Chicken Biscuit
 Turkey Sausage Pancake Wrap

Entree: Mac-n-Cheese

Freshly Baked Roll

Hot Vegetable:

Steamed Broccoli



20

BKFST: Breakfast Sandwich
 Variety

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

21

BKFST: Made from Scratch
 Breakfast Pizza

Entree: Chicken Quesadilla

Hot Vegetable: Refried Beans

22

BKFST: Glazed Cinnamon Roll

Entree: Bacon Cheeseburger

Hot Vegetable: French Fries

25

BKFST: Pillsbury Chocolate
 Crescent Roll

Entree: Chicken Bowl

Hot Vegetable: Buttered Corn

26

BKFST: French Toast Sticks

Entree: Chicken Tenders

Freshly Baked Roll

Hot Vegetable: Waffle Fries

27

BKFST: Breakfast Sandwich
 Variety

Entree: Cheese Dippers w/
 Pizza Sauce

Hot Vegetable: Mixed Vegetable

28

**NO
SCHOOL**

29

**NO
SCHOOL**