



**MOT CHARTER**  
K-12 • Arts, Science & Technology

# March 2024



**Healthy Eating:**  
**Fruits and Vegetables**

## MOT CHARTER HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>HS PROFESSIONAL DEVELOPMENT</b>
				<b>NO SCHOOL FOR HS STUDENTS</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Chicken & Waffles Steamed Corn Fresh Baby Carrots Fruit Choice of Milk	Mozzarella Sticks Steamed Broccoli Garbonzo Bean Salad Fruit Choice of Milk	Chicken Patty Sandwich Steamed Green Beans Fresh Veggie Cup Fruit Choice of Milk	Cheeseburger or Hamburger French Fries Baby Carrots Fruit Choice of Milk	Stuffed Cheese Pizza Tossed Salad Steamed Normandy Blend Fruit Choice of Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Chicken Cheesesteak Peppers & Onions Fresh Baby Carrots Fruit Choice of Milk	Pretzel Dog Tater Tots Steamed Green Beans Fruit Choice of Milk	<b>PSAT 9 &amp; 10</b> Cheesy Italian Bread Sticks Fresh Baby Carrots Steamed Mixed Veggies Fruit, Choice of Milk	Cheesy Taco Chicken, Tostitos Fiesta Black Beans Steamed Corn Fruit Choice of Milk	Deep Dish Pizza Tossed Salad Steamed Normandy Blend Fruit Choice of Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Cheese Lasagna, WG Roll Steamed Broccoli Fresh Baby Carrots Fruit Choice of Milk	Chicken Pizza Quesadilla Fiesta Black Beans Steamed Corn Fruit Choice of Milk 	<b>SAT 11</b> Turkey Corn Dog, Tostitos Veggie Cup Mixed Veggies Fruit, Choice of Milk	Chicken Drumstick, Frudel Steamed Green Beans Fresh Baby Carrots Fruit Choice of Milk	Stuffed Crust Cheese Pizza Tossed Salad Steamed Normandy Blend Fruit Choice of Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Chicken & Biscuits Steamed Corn Baked Beans Fruit Choice of Milk	Fish Sticks Mashed Potatoes Steamed Green Beans Fruit Choice of Milk	Buffalo Chicken Pizza Steamed Broccoli Fresh Baby Carrots Fruit Choice of Milk	<b>1/2 Day</b> Manager's Choice Steamed Broccoli Fresh Baby Carrots Fruit, Choice of Milk	<b>SPRING BREAK</b>
				<b>NO SCHOOL</b>

### Daily Entrée Alternatives:

~Toasted Cheese Sandwich  
~PBJ+Cheez-Its+String Cheese  
~Hummus+Tostitos+Yogurt+Carrots

**Menu Subject to Change**



**HS Student Lunch = \$2.70**

**Adult Lunch = \$4.75**

**Extra Entree = \$1.50**

1% White


Nonfat Chocolate

Nonfat Strawberry



*This institution is an equal opportunity provider.*

## MOT CHARTER HIGH SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>
				<b>HS PROFESSIONAL DEVELOPMENT</b>
				<b>NO SCHOOL FOR HS STUDENTS</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
WG Pop Tart & WG Graham Crackers Fruit Choice of Milk	WG Donut Holes Fruit Choice of Milk	WG Cereal Fruit Choice of Milk	WG Mini Cinni Fruit Choice of Milk	WG Appleyway Bar Fruit Choice of Milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
WG Pop Tart & WG Graham Crackers Fruit Choice of Milk	WG Donut Holes Fruit Choice of Milk	<b>PSAT 9 &amp; 10</b> WG Cereal or Mini Cinni Fruit Choice of Milk	WG Mini Cinni Fruit Choice of Milk	WG Appleyway Bar Fruit Choice of Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
WG Pop Tart & WG Graham Crackers Fruit Choice of Milk	WG Mini Bagel Fruit Choice of Milk	<b>SAT 11</b> WG Cereal or Mini Cinni Fruit Choice of Milk	WG Mini Cinni Fruit Choice of Milk	WG Appleyway Bar Fruit Choice of Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
WG Pop Tart & WG Graham Crackers Fruit Choice of Milk	WG Mini Cinni Fruit Choice of Milk	WG Cereal Fruit Choice of Milk	<b>1/2 Day</b> WG Appleyway Bar Fruit Choice of Milk	<b>SPRING BREAK</b>
				<b>NO SCHOOL</b>

**Student Breakfast = \$1.75**

**Adult Breakfast = \$2.70**

**WG = Whole Grain**



1% White  
Nonfat Chocolate



**Menu Subject to Change**



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