

# LUNCHPAD

**Student Meal Prices:**  
**Breakfast: FREE**  
**Paid Lunch: \$ 2.70**

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

## NOTES

Daily Breakfast Selections: Hard-Boiled Eggs, Assorted Reduced Sugar Cereals, Whole Grain Pop Tarts, & Breakfast Bars  
 Daily Fruit Selections: Fresh Whole Fruit & Assorted Fruit Cups  
 \*100% Fruit Juice is available daily @ Breakfast / 100% Fruit Juice is available Tuesday & Thursday for Lunch\*  
 Daily Rotation of Assorted Fresh Cut Vegetables: Red/Green Peppers, Cucumber Slices, Tomatoes, Carrots, & Broccoli  
 Daily Milk Selections: Skim Chocolate Milk, 1% White Milk (Milk Ala Carte Price): \$ 0.95

# MTSD MIDDLE SCHOOL MENU

## October 2024






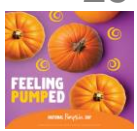
### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>Trojan Favorites (Offered Daily):</b>                  Cheese Pizza or Pepperoni Pizza                  Hamburger or Cheeseburger                  Chicken Patty Sandwich                  Spicy Chicken Patty Sandwich                  Smucker's Uncrustable PBJ Lunch Pack (Includes 1 Uncrustable PBJ &amp; 1 Cheese Stick)</p>	<p><b>BKFAST:</b> Banana C.C. Benefit Bar <b>1</b></p> <p><b>Entree:</b> Beef &amp; Rice Tortilla Bowl  <b>Hot Vegetable:</b> Refried Beans  <b>Deli:</b> Three Cheese Sub</p> 	<p><b>BKFAST:</b> Glazed Cinnamon Roll <b>2</b></p> <p><b>Entree:</b> Chicken &amp; Mashed Potato Bowl  <b>Hot Vegetable:</b> Buttered Corn  <b>Deli:</b> Italian Ham Dinner Roll</p> 	<p><b>BKFAST:</b> Chocolate Chip Muffin Top <b>3</b></p> <p><b>Entree:</b> Totally Taco Max Snax  <b>Hot Vegetable:</b> Tater Tots  <b>Deli:</b> Turkey &amp; Cheese Sandwich</p>	<p><b>BKFAST:</b> Vanilla Glazed Donut <b>4</b></p> <p><b>Entree:</b> Ham &amp; Cheese Melt  <b>Hot Vegetable:</b> Tomato Soup  <b>Deli:</b> Apple, Yogurt, &amp; Cheese Plate Dinner Roll</p>
<p><b>BKFAST:</b> Colby Cheese Omelet Buttered Toast <b>7</b></p> <p><b>Entree:</b> Italian Meatball Sub  <b>Hot Vegetable:</b> Steamed Broccoli  <b>Salad:</b> Chicken Chef Dinner Roll</p>	<p><b>BKFAST:</b> French Toast Sticks <b>8</b></p> <p><b>Entree:</b> Chicken Tenders Dinner Roll  <b>Hot Vegetable:</b> Buttered Corn  <b>Deli:</b> Turkey &amp; Cheese Sub</p>	<p><b>BKFAST:</b> Egg &amp; Cheese Muffin <b>9</b></p> <p><b>Entree:</b> BBQ Pulled Pork Sandwich  <b>Hot Vegetable:</b> Baked Beans  <b>Salad:</b> Egg Chef Dinner Roll</p>	<p><b>BKFAST:</b> Mini Maple Pancakes <b>10</b></p> <p><b>Entree:</b> French Toast Sticks Chicken Sausage  <b>Hot Vegetable:</b> Hashbrown  <b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFAST:</b> Vanilla Glazed Donut <b>11</b></p> <p><b>Entree:</b> Spicy Popcorn Chicken Dinner Roll  <b>Hot Vegetable:</b> Curly Fries  <b>Deli:</b> Apple, Yogurt, &amp; Cheese Plate Dinner Roll</p> 
<p> <b>14</b></p> <p><b>Try Something New this Week!</b></p> <p><b>NO SCHOOL</b></p>	<p><b>BKFAST:</b> Egg &amp; Cheese Biscuit <b>15</b></p> <p><b>LTO Special:</b> <i>Cheesy Chorizo Enchilada Bake</i>  <b>Hot Vegetable:</b> Buttered Corn  <b>Deli:</b> BBQ Chicken Cheddar Wrap</p>	<p><b>BKFAST:</b> Mini Strawberry Cream Cheese Filled Bagels <b>16</b></p> <p><b>LTO Special:</b> <i>Cheesy Chorizo Enchilada Bake</i>  <b>Hot Vegetable:</b> Steamed Broccoli  <b>Salad:</b> Egg Chef w/ Dinner Roll</p>	<p><b>BKFAST:</b> Bacon, Egg, &amp; Cheese Pancake Melt <b>17</b></p> <p><b>LTO Special:</b> <i>Cheesy Chorizo Enchilada Bake</i>  <b>Hot Vegetable:</b> Refried Beans  <b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFAST:</b> Vanilla Glazed Donut <b>18</b></p> <p><b>LTO Special:</b> <i>Cheesy Chorizo Enchilada Bake</i>  <b>Hot Vegetable:</b> Fresh Cut Celery &amp; Carrots  <b>Salad:</b> Turkey Chef w/ Dinner Roll</p>
<p><b>National School Lunch Week</b> </p>				
<p><b>BKFAST:</b> Mini Cinni <b>21</b></p> <p><b>Entree:</b> Buffalo Cheese Dippers  <b>Hot Vegetable:</b> Seasoned Green Beans  <b>Salad:</b> Egg Chef Dinner Roll</p>	<p><b>BKFAST:</b> Egg &amp; Cheese Bagel <b>22</b></p> <p><b>Entree:</b> Beef Nachos w/ Cheese  <b>Hot Vegetable:</b> Buttered Corn  <b>Deli:</b> Ham &amp; Pepper Jack Sandwich</p>	<p><b>BKFAST:</b> Oatmeal C.C. Benefit Bar <b>23</b></p> <p><b>Entree:</b> Orange Chicken &amp; Rice  <b>Hot Vegetable:</b> Steamed Broccoli  <b>Salad:</b> Breaded Chicken Caesar Dinner Roll</p>	<p><b>BKFAST:</b> Sausage &amp; Cheese Bagel <b>24</b></p> <p><b>Entree:</b> French Toast Sticks Chicken Sausage  <b>Hot Vegetable:</b> Hashbrown  <b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFAST:</b> Pumpkin Spiced Glazed Donut <b>25</b></p> <p><b>Entree:</b> Chicken Tenders Dinner Roll  <b>Hot Vegetable:</b> Baked Beans  <b>Salad:</b> Turkey Chef Dinner Roll</p> 
<p><b>BKFAST:</b> Mini Maple Waffles <b>28</b></p> <p><b>Entree:</b> Italian Meatball Sub  <b>Hot Vegetable:</b> Seasoned Green Beans  <b>Salad:</b> Ham Chef Dinner Roll</p>	<p><b>BKFAST:</b> Sausage, Egg, &amp; Cheese Muffin <b>29</b></p> <p><b>Entree:</b> Beef Soft Tacos  <b>Hot Vegetable:</b> Buttered Corn  <b>Deli:</b> Turkey &amp; Cheese Sub</p>	<p><b>BKFAST:</b> Pancake Bites <b>30</b></p> <p><b>Entree:</b> Chicken &amp; Bacon Club Flatbread  <b>Hot Vegetable:</b> French Fries  <b>Deli:</b> Pretzel, Yogurt, &amp; Cheese Lunch Pack</p>	<p><b>BKFAST:</b> Bacon, Egg, &amp; Cheese Muffin <b>31</b></p> <p><b>Entree:</b> Pineapple Chicken &amp; Rice Bowl  <b>Hot Vegetable:</b> Steamed Broccoli  <b>Deli:</b> Ham &amp; Cheese Sub</p>	