

TROJANS RALLY CAFE

MTSD HIGH SCHOOL MENU October 2024

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

NOTES

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Student Meal Prices:</p> <ul style="list-style-type: none"> • Breakfast: FREE • Paid Lunch: \$ 2.70 <p>Daily Milk Choices:</p> <ul style="list-style-type: none"> • Skim Chocolate Milk • 1% White Milk 	<p>BKFST: 1 Chef's Choice</p> <p>Entree: MIHS: Orange Chicken w/ Rice MHS: Buffalo Chicken Dip w/ Chips</p> <p>Hot Vegetable: MIHS: Steamed Broccoli MHS: Orange Glazed Carrots</p> 	<p>BKFST: 2 Assorted Breakfast Sandwiches</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p> 	<p>BKFST: 3 Made from Scratch Breakfast Pizza</p> <p>Entree: MIHS: BBQ Pulled Pork Sandwich MHS: Penne Pasta w/ Meatballs</p> <p>Hot Vegetable: MIHS: Baked Beans MHS: Green Beans</p>	<p>BKFST: 4 Vanilla Glazed Donut</p> <p>Entree: MIHS: Smith's Hot Dog MHS: Chef's Choice</p> <p>Hot Vegetable: MIHS: Seasoned Peas MHS: Chef's Choice</p>
<p>BKFST: 7 Pillsbury Caramel Mini Cinni Pillsbury Original Mini Cinni</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 8 French Toast Sticks</p> <p>Entree: Cheese Dippers w/ Sauce</p> <p>Hot Vegetable: Steamed Carrots</p>	<p>BKFST: 9 Assorted Breakfast Sandwiches</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 10 Made from Scratch Breakfast Pizza</p> <p>Entree: French Toast Sticks Chicken Sausage</p> <p>Hot Vegetable: Hashbrown</p>	<p>BKFST: 11 Glazed Cinnamon Roll</p> <p>Entree: Chef's Choice</p> <p>Hot Vegetable: Baked Beans</p> 
<p>NO SCHOOL</p>  <p>TRY SOMETHING NEW THIS WEEK!</p>	<p>BKFST: 15 Turkey Pancake Wrap</p> <p>Entree: <i>Cheesy Chorizo Enchilada Bake</i></p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 16 Assorted Breakfast Sandwiches</p> <p>Entree: <i>Cheesy Chorizo Enchilada Bake</i></p> <p>Hot Vegetable: Steamed Broccoli</p>	<p>BKFST: 17 Made from Scratch Breakfast Pizza</p> <p>Entree: <i>Cheesy Chorizo Enchilada Bake</i></p> <p>Hot Vegetable: Refried Beans</p>	<p>BKFST: 18 Vanilla Glazed Donut</p> <p>Entree: <i>Cheesy Chorizo Enchilada Bake</i></p> <p>Hot Vegetable: French Cut Celery & Carrots</p>
National School Lunch Week 				
<p>BKFST: 21 Mini Confetti Pancakes Mini Maple Pancakes</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 22 Soft Pretzel w/ Cheese</p> <p>Entree: Chicken Tenders Dinner Roll</p> <p>Hot Vegetable: Tater Tots</p>	<p>BKFST: 23 Assorted Breakfast Sandwiches</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 24 Made from Scratch Breakfast Pizza</p> <p>Entree: Buffalo Chicken Dip w/ Chips & Fresh Cut Celery</p> <p>Hot Vegetable: Steamed Broccoli</p>	<p>BKFST: 25 Pumpkin Spice Glazed Donut</p> <p>Entree: Smith's Hot Dog</p> <p>Hot Vegetable: Baked Beans</p> 
<p>BKFST: 28 Chocolate Chip Muffin Top</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 29 Colby Cheese Omelet</p> <p>Entree: Chicken Sausage</p> <p>Hot Vegetable: Italian Meatball Sub Steamed Broccoli</p>	<p>BKFST: 30 Assorted Breakfast Sandwiches</p> <p>Entree: Chicken & Mashed Potato Bowl</p> <p>Hot Vegetable: Buttered Corn</p>	<p>BKFST: 31 Made from Scratch Breakfast Pizza</p> <p>Entree: Penne w/ Meat Sauce Garlic Bread</p> <p>Hot Vegetable: Seasoned Green Beans</p>	