

MPCSD DECEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
2 - Vegan 3 Bean Chili W/ Tortilla Chips	3 - Vegan Fried Rice	4 - Vegan Burrito Bowl	5 - Myo Vegan Tacos	6 - Vegan Chickpea Tikka Masala
9 - Vegan Pinto Pozole W/ Tortilla Chips	10 - Vegan Spanish Beans W/ Cilantro Lime Rice	11 - Vegan 3 Bean Chili W/ Tortilla Chips	12 - Vegan Fried Rice	13 - Vegan Burrito Bowl
16 - Myo Vegan Tacos	17 - Vegan Chickpea Tikka Masala	18 - Vegan Pinto Pozole W/ Tortilla Chips	19 - Vegan Spanish Beans W/ Cilantro Lime Rice	20 - Vegan 3 Bean Chili W/ Tortilla Chips
23	24	25	26	27
30	31	1	2	3

Drinks

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

MPCSD DECEMBER



LUNCH K-8 2024 - 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 - Cheeseburger - Chicken Enchiladas - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Cobb Salad Wrap - Bagel Kit	3 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Big Kahuna Tuna Wrap - Bagel Kit	4 - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Cheese Enchiladas - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	5 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Bean & Cheese Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	6 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit
9 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	10 - Sloppy Joe - Chicken Burrito - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	11 - Popcorn Chicken Bowl W/ Biscuit - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	12 - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac And Cheese - Farmer's Market Egg Salad W/ Dinner Roll - Turkey & Cheese Hoagie - Bagel Kit	13 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit
16 - Cheeseburger - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Dinner Roll - Turkey & Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit	17 - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	18 - Chicken Tamale - Chicken Parmesan Hoagie - Pasta Primavera - Chicken Bacon Ranch Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	19 - Caribbean Jerk Chicken W/ Rice - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Pesto Wrap - Bagel Kit	20 - Pepperoni Pizza - Cheese Pizza - Louisiana Jambalaya - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit
23 30	24 31	25 1	26 2	27 3

Drinks

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ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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MPCSD DECEMBER



BREAKFAST K-12 2024 - 2025 AC

Monday	Tuesday	Wednesday	Thursday	Friday
2 - Breakfast Cereal	3 - Breakfast Scones - Breakfast Cereal	4 - Concha - Breakfast Cereal	5 - Sunbutter & Jelly Sandwich - Breakfast Cereal	6 - Cowboy Bread - Breakfast Cereal
9 - Breakfast Scones - Breakfast Cereal	10 - Bagel W/ Cream Cheese - Breakfast Cereal	11 - Hard Boiled Egg W/ Muffin - Breakfast Cereal	12 - Apple Cinnamon Frudel - Breakfast Cereal	13 - Cornbread Muffin - Breakfast Cereal
16 - Sunbutter & Jelly Sandwich - Breakfast Cereal	17 - Bagel W/ Cream Cheese - Breakfast Cereal	18 - Concha - Breakfast Cereal	19 - Cinnamon Swirl - Breakfast Cereal	20 - Breakfast Scones - Breakfast Cereal
23	24	25	26	27
30	31	1	2	3

Drinks

This institution is an equal opportunity provider and employer



ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



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MPCSD
DECEMBER

Vegan / Gluten
Free



Date	Menu Item	Allergens	
Monday 2	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Tuesday 3	Vegan Fried Rice	V	Soy, Sesame
Wednesday 4	Vegan Burrito Bowl	V	Tomato, Soy
Thursday 5	Myo Vegan Tacos	V	Soy
Friday 6	Vegan Chickpea Tikka Masala	V	Tomato, Soy
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Monday 9	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 10	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
Wednesday 11	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Thursday 12	Vegan Fried Rice	V	Soy, Sesame
Friday 13	Vegan Burrito Bowl	V	Tomato, Soy
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Monday 16	Myo Vegan Tacos	V	Soy
Tuesday 17	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Wednesday 18	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Thursday 19	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
Friday 20	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy

MPCSD
DECEMBER

LUNCH K-8 2024 -
2025



Date	Menu Item	Allergens
Monday 2	Cheeseburger	Wheat, Soy, Milk, Beef, Sesame
	Chicken Enchiladas	Soy, Milk, Chicken, Tomato, Sesame
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Wheat, Soy, Milk, Sesame
Tuesday 3	Spaghetti W/ Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	Wheat, Soy, Beef, Sesame
	Black Bean & Veggie Burrito	Milk, Wheat, Tomato
	Teriyaki Chicken Sushi Bowl	Wheat, Soy, Chicken, Sesame
	Big Kahuna Tuna Wrap	Wheat, Soy, Egg, Milk, Fish
	Bagel Kit	Wheat, Soy, Milk, Sesame
Wednesday 4	Sesame Orange Chicken W/ Rice	Wheat, Soy, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Enchiladas	Milk, Soy, Tomato
	Farmer's Market Chicken Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Wheat, Soy, Milk, Sesame
Thursday 5	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread	Wheat, Soy, Egg, Milk, Beef, Tomato
	Bean & Cheese Burrito	Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
	Bagel Kit	Wheat, Soy, Milk, Sesame
Friday 6	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken W/ Rice Pilaf	Chicken, Tomato
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey
	Bagel Kit	Wheat, Soy, Milk, Sesame
Monday 9	Hamburger	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Wheat, Milk
	Curry Fried Rice	Veg Wheat, Soy, Egg, Sesame
	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit	Wheat, Soy, Milk, Sesame
Tuesday 10	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein	Wheat, Soy, Egg, Sesame
	Bbq Chicken Wrap	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
	Athenian Chicken Salad W/ Pita Triangles	Milk, Chicken, Wheat, Tomato, Pork

	Bagel Kit	Wheat, Soy, Milk, Sesame
Wednesday 11	Popcorn Chicken Bowl W/ Biscuit	Soy, Milk, Chicken, Wheat
	Chicken Chow Mein	Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Wheat, Milk, Tomato
	Bagel Kit	Wheat, Soy, Milk, Sesame
Thursday 12	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta	Chicken, Wheat, Milk, Tomato
	Mac And Cheese	Wheat, Milk
	Farmer's Market Egg Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Sesame
	Turkey & Cheese Hoagie	Wheat, Milk, Turkey, Sesame
	Bagel Kit	Wheat, Soy, Milk, Sesame
Friday 13	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza	Wheat, Soy, Milk, Pork, Chicken, Tomato
	Chicken Caesar Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Chicken, Fish, Sesame
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Bagel Kit	Wheat, Soy, Milk, Sesame
Monday 16	Cheeseburger	Wheat, Soy, Milk, Beef, Sesame
	Bbq Chicken Pasta	Chicken, Wheat, Milk, Tomato
	Broccoli Cheddar Potato Bowl W/ Dinner Roll	Wheat, Soy, Egg, Milk, Sesame
	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
	Bagel Kit	Wheat, Soy, Milk, Sesame
Tuesday 17	Beef Hot Dog	Wheat, Soy, Beef, Sesame
	Greek Chicken W/ Rice Pilaf	Chicken
	Bean & Cheese Burrito	Milk, Wheat, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Wheat, Soy, Milk, Sesame
Wednesday 18	Chicken Tamale	Pork, Chicken, Tomato
	Chicken Parmesan Hoagie	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta Primavera	Wheat, Milk, Soy
	Chicken Bacon Ranch Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame
	Turkey & Cheese On Dutch Crunch	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Wheat, Soy, Milk, Sesame
Thursday 19	Caribbean Jerk Chicken W/ Rice	Chicken, Tomato, Soy
	Chicken Nuggets W/ Rice Pilaf	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Wheat, Soy, Egg, Fish, Sesame
	Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy
	Bagel Kit	Wheat, Soy, Milk, Sesame
Friday 20	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Louisiana Jambalaya	Beef, Tomato, Turkey
	Asian Chicken Wrap	Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad	Chicken, Milk, Tomato, Soy, Egg



MPCSD
DECEMBER

BREAKFAST K-12
2024 - 2025 AC



Date	Menu Item	Allergens
Monday 2	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 3	Breakfast Scones	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 4	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 5	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 6	Cowboy Bread	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 9	Breakfast Scones	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 10	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 11	Hard Boiled Egg W/ Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 12	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 13	Cornbread Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 16	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 17	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 18	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 19	Cinnamon Swirl	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 20	Breakfast Scones	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef