

MPCSD JANUARY



Monday	Tuesday	Wednesday	Thursday	Friday
30 Winter Break	31 Winter Break	1 Winter Break	2 Winter Break	3 Winter Break
6 Winter Break	7 Winter Break	8 - Vegan Burrito Bowl	9 - Myo Vegan Tacos	10 - Vegan Chickpea Tikka Masala
13 - Vegan Pinto Pozole W/ Tortilla Chips	14 - Vegan Spanish Beans W/ Cilantro Lime Rice	15 - Vegan 3 Bean Chili W/ Tortilla Chips	16 - Vegan Fried Rice	17 - Vegan Burrito Bowl
20 MKL Jr Day	21 - Vegan Chickpea Tikka Masala	22 - Vegan Pinto Pozole W/ Tortilla Chips	23 - Vegan Spanish Beans W/ Cilantro Lime Rice	24 - Vegan 3 Bean Chili W/ Tortilla Chips
27 - Vegan Fried Rice	28 - Vegan Burrito Bowl	29 - Myo Vegan Tacos	30 - Vegan Chickpea Tikka Masala	31 - Vegan Pinto Pozole W/ Tortilla Chips

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 JANUARY



LUNCH K-8 2024 - 2025

Monday	Tuesday	Wednesday	Thursday	Friday
30 Winter Break	31 Winter Break	1 Winter Break	2 Winter Break	3 Winter Break
6 Winter Break	7 Winter Break	8 - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Cheese Quesadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	9 - 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	10 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit
13 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	14 - Sloppy Joe - Chicken Burrito - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	15 - Chicken Tamale W/ Spanish Rice - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	16 - 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	17 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit
20 MKL Jr Day	21 - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	22 - Popcorn Chicken Bowl W/ Biscuit - Chicken Parmesan Hoagie - Pasta Primavera - Chicken Bacon Ranch Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	23 - Caribbean Jerk Chicken W/ Rice - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Pesto Wrap - Bagel Kit	24 - Pepperoni Pizza - Cheese Pizza - Louisiana Jambalaya - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit



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Monday

- 27** - Hamburger
 - Wet Beef Burrito
 - Veggie Fried Rice
 - Egg Salad Sandwich
 - Spicy Chicken Wrap
 - Bagel Kit

Tuesday

- 28** - Pesto Chicken Sandwich
 - Sweet And Sour Chicken
 - Cheese Enchiladas
 - Italian Deli Sub
 - Cobb Salad Wrap
 - Bagel Kit

Wednesday

- 29** - Buffalo Chicken Hoagie
 - Teriyaki Chicken W/ Rice & Veggies
 - Minestrone Soup & Roll
 - Yogurt Berry Parfait W/ Muffin
 - Breaded Chicken Wrap
 - Bagel Kit

Thursday

- 30** - Breaded Chicken Sandwich
 - Chicken Enchiladas
 - Cheesy Bean Dip W/ Tortilla Chips
 - Breaded Chicken Salad
 - Sunbutter & Jelly Sandwich
 - Bagel Kit

Friday

- 31** - Pepperoni Pizza
 - Cheese Pizza
 - Bbq Chicken Pizza
 - Chicken Caesar Salad W/ Dinner Roll
 - Turkey & Cheese Sandwich
 - Bagel Kit

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



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MPCSD JANUARY



BREAKFAST K-12 2024 - 2025 AC

Monday	Tuesday	Wednesday	Thursday	Friday
30 Winter Break	31 Winter Break	1 Winter Break	2 Winter Break	3 Winter Break
6 Winter Break	7 Winter Break	8 - Concha - Breakfast Cereal	9 - Sunbutter & Jelly Sandwich - Breakfast Cereal	10 - Cowboy Bread - Breakfast Cereal
13 - Breakfast Muffins - Breakfast Cereal	14 - Bagel W/ Cream Cheese - Breakfast Cereal	15 - Hard Boiled Egg W/ Muffin - Breakfast Cereal	16 - Yogurt W/ Grahams - Breakfast Cereal	17 - Cornbread Muffin - Breakfast Cereal
20 MKL Jr Day	21 - Bagel W/ Cream Cheese - Breakfast Cereal	22 - Concha - Breakfast Cereal	23 - Cinnamon Swirl - Breakfast Cereal	24 - Breakfast Scones - Breakfast Cereal
27 - Bagel W/ Cream Cheese - Breakfast Cereal	28 - Breakfast Muffins - Breakfast Cereal	29 - Hard Boiled Egg W/ Muffin - Breakfast Cereal	30 - Yogurt W/ Grahams - Breakfast Cereal	31 - Cherry Frudel - Breakfast Cereal

Drinks

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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
JANUARY

Vegan / Gluten
Free



Date	Menu Item		Allergens
Wednesday 8	Vegan Burrito Bowl	V	Tomato, Soy
Thursday 9	Myo Vegan Tacos	V	Soy
Friday 10	Vegan Chickpea Tikka Masala	V	Tomato, Soy
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Monday 13	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Tuesday 14	Vegan Spanish Beans W/ Cilantro Lime Rice	V	Tomato, Soy
Wednesday 15	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Thursday 16	Vegan Fried Rice	V	Soy, Sesame
Friday 17	Vegan Burrito Bowl	V	Tomato, Soy
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Tuesday 21	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Wednesday 22	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Thursday 23	Vegan Spanish Beans W/ Cilantro Lime Rice	V	Tomato, Soy
Friday 24	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
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Monday 27	Vegan Fried Rice	V	Soy, Sesame
Tuesday 28	Vegan Burrito Bowl	V	Tomato, Soy
Wednesday 29	Myo Vegan Tacos	V	Soy
Thursday 30	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Friday 31	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy

MPCSD JANUARY

LUNCH K-8 2024 - 2025



Date	Menu Item	Allergens
Wednesday 8	Sesame Orange Chicken W/ Rice	Wheat, Soy, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Quesadilla	Wheat, Milk
	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	Veg Wheat, Soy, Milk, Sesame
Thursday 9	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	Veg Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg Wheat
	Southwest Veggie Taco Salad W/ Tortilla Chips	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Friday 10	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 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	Veg Wheat, Soy, Milk, Sesame
Monday 13	Hamburger	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg Wheat, Milk
	Curry Fried Rice	Veg Wheat, Soy, Egg, Sesame
	Sunbutter & Jelly Sandwich	Veg Wheat, Soy, Sesame
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Tuesday 14	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein	Veg 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	Veg Wheat, Soy, Milk, Sesame
Wednesday 15	Chicken Tamale W/ Spanish Rice	Pork, Chicken, Tomato
	Chicken Chow Mein	Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Veg Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin	Veg Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Veg Wheat, Milk, Tomato
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Thursday 16	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta	Chicken, Wheat, Milk, Tomato
	Mac And Cheese	Veg Wheat, Milk
	Farmer's Market Egg Salad W/ Dinner Roll	Wheat, Soy, Egg, Milk, Sesame
	Turkey & Cheese Hoagie	Wheat, Milk, Turkey, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame

Friday 17	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	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	Veg	Wheat, Soy, Milk, Sesame
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Tuesday 21	Beef Hot Dog		Wheat, Soy, Beef, Sesame
	Greek Chicken W/ Rice Pilaf		Chicken
	Bean & Cheese Burrito	Veg	Milk, Wheat, Soy
	Sunbutter & Jelly Sandwich	Veg	Wheat, Soy, Sesame
	Smoked Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 22	Popcorn Chicken Bowl W/ Biscuit		Soy, Milk, Chicken, Wheat
	Chicken Parmesan Hoagie		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta Primavera	Veg	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	Veg	Wheat, Soy, Milk, Sesame
Thursday 23	Caribbean Jerk Chicken W/ Rice		Chicken, Tomato, Soy
	Chicken Nuggets W/ Rice Pilaf		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg	Egg, Milk, Wheat, Tomato
	Tuna Sandwich	Veg	Wheat, Soy, Egg, Fish, Sesame
	Chicken Pesto Wrap		Chicken, Wheat, Milk, Soy
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 24	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	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
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
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Monday 27	Hamburger		Wheat, Soy, Beef, Sesame
	Wet Beef Burrito		Wheat, Soy, Milk, Beef
	Veggie Fried Rice		Wheat, Soy, Egg, Sesame
	Egg Salad Sandwich		Wheat, Soy, Egg, Sesame
	Spicy Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 28	Pesto Chicken Sandwich		Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Enchiladas	Veg	Milk, Soy, Tomato
	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame
	Cobb Salad Wrap		Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday 29	Buffalo Chicken Hoagie		Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		Wheat, Soy, Chicken, Sesame
	Minestrone Soup & Roll		Wheat, Soy, Egg, Tomato, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame

	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 30	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Enchiladas		Soy, Milk, Chicken, Tomato, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		Milk, Soy
	Breaded Chicken Salad		Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Sunbutter & Jelly Sandwich	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 31	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	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
	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

MPCSD
JANUARY

**BREAKFAST K-12
2024 - 2025 AC**



Date	Menu Item	Allergens
Wednesday 8	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 9	Sunbutter & Jelly Sandwich	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 10	Cowboy Bread	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 13	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 14	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 15	Hard Boiled Egg W/ Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 16	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 17	Cornbread Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Tuesday 21	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 22	Concha	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 23	Cinnamon Swirl	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 24	Breakfast Scones	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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Monday 27	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Tuesday 28	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Wednesday 29	Hard Boiled Egg W/ Muffin	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Thursday 30	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
Friday 31	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef