

# MTSD HIGH SCHOOL MENU

TROJANS

## RALLY CAFE

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

### January 2025

**Student Meal Prices:**

Breakfast: FREE  
Paid Lunch: \$ 2.70

**Daily Milk Choices:**

Skim Chocolate Milk  
1% White Milk

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>Try Something New &amp; Delicious! January 14<sup>th</sup> &amp; 16<sup>th</sup></p>	<p>DO YOU KNOW ABOUT <b>Garlic?</b></p> 	<p>1 <b>NO SCHOOL</b></p>	<p>2 Chef's Choice For Breakfast &amp; Lunch</p>	<p>3 Chef's Choice For Breakfast &amp; Lunch</p>
<p>6 BKFST: Chicken Biscuit Sandwich Entree: Chicken &amp; Mashed Potato Bowl Hot Vegetable: Buttered Corn</p>	<p>7 BKFST: Colby Cheese Omelet Chicken Sausage Entree: Chicken Quesadilla Hot Vegetable: Mixed Vegetables</p>	<p>8 BKFST: Assorted Breakfast Sandwiches Entree: Orange Chicken w/ Rice Hot Vegetable: Steamed Broccoli</p>	<p>9 BKFST: Made from Scratch Breakfast Pizza Entree: Penne w/ Meat Sauce Garlic Bread Hot Vegetable: Seasoned Green Beans</p>	<p>10 BKFST: Vanilla Glazed Donut Entree: Bacon Cheeseburger Hot Vegetable: Baked Beans</p>
<p>13 BKFST: Breakfast Burrito (Egg &amp; Cheese w/ Salsa) Entree: Chicken &amp; Mashed Potato Bowl Hot Vegetable: Buttered Corn</p>	<p>14 BKFST: Glazed Cinnamon Roll Entree: Street Corn Chowder </p>	<p>15 BKFST: Assorted Breakfast Sandwiches Entree: General Tso Chicken w/ Rice Hot Vegetable: Steamed Broccoli</p>	<p>16 BKFST: Made from Scratch Breakfast Pizza Entree: Street Corn Chowder  </p>	<p>17 BKFST: Vanilla Glazed Donut Entree: Smith's Hot Dog Hot Vegetable: Baked Beans</p>
<p>20 <b>NO SCHOOL</b></p>	<p>21 BKFST: Colby Cheese Omelet Chicken Sausage Entree: Buffalo Cheese Dippers Hot Vegetable: Mixed Vegetables</p>	<p>22 BKFST: Assorted Breakfast Sandwiches Entree: Pineapple Chicken &amp; Rice Bowl Hot Vegetable: Steamed Broccoli </p>	<p>23 BKFST: Made from Scratch Breakfast Pizza Entree: Buttermilk Pancakes Turkey Sausage Links Hot Vegetable: Hashbrown</p>	<p>24 BKFST: Vanilla Glazed Donut Entree: Chicken Tenders Dinner Roll Hot Vegetable: Baked Beans</p>
<p>27 <b>NO SCHOOL</b></p>	<p>28 BKFST: Glazed Cinnamon Roll Entree: Italian Meatball Sub Hot Vegetable: Mixed Vegetables</p>	<p>29 BKFST: Assorted Breakfast Sandwiches Entree: Orange Chicken w/ Rice Hot Vegetable: Steamed Broccoli</p>	<p>30 BKFST: Made from Scratch Breakfast Pizza Entree: Buffalo Chicken Dip w/ Chips Vegetable: Fresh Cut Celery</p>	<p>31 BKFST: Vanilla Glazed Donut Entree: BBQ Rib Sandwich Hot Vegetable: Baked Beans </p>