

# LUNCHPAD

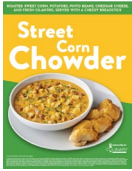


# MTSD MIDDLE SCHOOL MENU January 2025

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Trojan Favorites (Offered Daily):</i> 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>NO SCHOOL</b></p>	<p><b>BKFST:</b> Sausage &amp; Cheese Bagel <b>2</b></p> <p><b>Entree:</b> French Toast Sticks Chicken Sausage</p> <p><b>Hot Vegetable:</b> Hashbrown</p> <p><b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFST:</b> Vanilla Glazed Donut <b>3</b></p> <p><b>Entree:</b> Chicken Tenders Dinner Roll</p> <p><b>Hot Vegetable:</b> Baked Beans</p> <p><b>Salad:</b> Turkey Chef Dinner Roll</p>
<p><b>BKFST:</b> Mini Maple Waffles <b>6</b></p> <p><b>Entree:</b> Italian Meatball Sub</p> <p><b>Hot Vegetable:</b> Green Beans</p> <p><b>Salad:</b> Ham Chef Dinner Roll</p>	<p><b>BKFST:</b> Sausage, Egg, &amp; Cheese Muffin <b>7</b></p> <p><b>Entree:</b> Beef Soft Tacos</p> <p><b>Hot Vegetable:</b> Buttered Corn</p> <p><b>Deli:</b> Turkey &amp; Cheese Sub</p>	<p><b>BKFST:</b> Pancake Bites <b>8</b></p> <p><b>Entree:</b> Chicken &amp; Bacon Club Flatbread</p> <p><b>Hot Vegetable:</b> French Fries</p> <p><b>Deli:</b> Pretzel, Yogurt, &amp; Cheese Lunch Pack</p>	<p><b>BKFST:</b> Bacon, Egg, &amp; Cheese Muffin <b>9</b></p> <p><b>Entree:</b> Pineapple Chicken &amp; Rice Bowl</p> <p><b>Hot Vegetable:</b> Steamed Broccoli</p> <p><b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFST:</b> Vanilla Glazed Donut <b>10</b></p> <p><b>Entree:</b> Smith's Hot Dog</p> <p><b>Hot Vegetable:</b> Baked Beans</p> <p><b>Salad:</b> Turkey Chef Dinner Roll</p>
<p><b>BKFST:</b> Egg &amp; Cheese Biscuit <b>13</b></p> <p><b>Entree:</b> Chicken Patty Sliders</p> <p><b>Hot Vegetable:</b> Baked Beans</p> <p><b>Salad:</b> Egg Chef Dinner Roll</p>	<p><b>BKFST:</b> Mini Blueberry Waffles <b>14</b></p> <p><b>Entree:</b> <b>Street Corn Chowder</b></p> <p><b>Deli:</b> Three Cheese Sub</p> 	<p><b>BKFST:</b> Cinnamon Roll <b>15</b></p> <p><b>Entree:</b> Chicken &amp; Mashed Potato Bowl</p> <p><b>Hot Vegetable:</b> Buttered Corn</p> <p><b>Salad:</b> Italian Ham Dinner Roll</p>	<p><b>BKFST:</b> Chocolate Chip Muffin Top <b>16</b></p> <p><b>Entree:</b> <b>Street Corn Chowder</b></p> <p><b>Deli:</b> Turkey &amp; Cheese Sandwich</p> 	<p><b>BKFST:</b> Vanilla Glazed Donut <b>17</b></p> <p><b>Entree:</b> Ham &amp; Cheese Melt</p> <p><b>Hot Vegetable:</b> Tomato Soup</p> <p><b>Deli:</b> Apple, Yogurt, &amp; Cheese Plate Dinner Roll</p>
<p><b>NO SCHOOL</b></p>	<p><b>BKFST:</b> French Toast Sticks <b>21</b></p> <p><b>Entree:</b> Chicken Tenders Dinner Roll</p> <p><b>Hot Vegetable:</b> Buttered Corn</p> <p><b>Deli:</b> Turkey &amp; Cheese Sub</p>	<p><b>BKFST:</b> Egg &amp; Cheese Muffin <b>22</b></p> <p><b>Entree:</b> Beef &amp; Cheese Quesadilla</p> <p><b>Hot Vegetable:</b> Refried Beans</p> <p><b>Salad:</b> Egg Chef Dinner Roll</p> 	<p><b>BKFST:</b> Mini Maple Pancakes <b>23</b></p> <p><b>Entree:</b> French Toast Sticks Chicken Sausage</p> <p><b>Hot Vegetable:</b> Hashbrown</p> <p><b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFST:</b> Vanilla Glazed Donut <b>24</b></p> <p><b>Entree:</b> Spicy Popcorn Chicken Dinner Roll</p> <p><b>Hot Vegetable:</b> Curly Fries</p> <p><b>Deli:</b> Apple, Yogurt, &amp; Cheese Plate Dinner Roll</p>
<p><b>NO SCHOOL</b></p>	<p><b>BKFST:</b> Egg &amp; Cheese Biscuit <b>28</b></p> <p><b>Entree:</b> Beef Soft Tacos</p> <p><b>Hot Vegetable:</b> Buttered Corn</p> <p><b>Deli:</b> BBQ Chicken Cheddar Wrap</p>	<p><b>BKFST:</b> Mini Strawberry Cream Cheese Bagels <b>29</b></p> <p><b>Entree:</b> Chef's Choice Day</p> <p><b>Hot Vegetable:</b> Steamed Broccoli</p> <p><b>Salad:</b> Egg Chef Dinner Roll</p>	<p><b>BKFST:</b> Bacon, Egg, &amp; Cheese Pancake Melt <b>30</b></p> <p><b>Entree:</b> Smith's Hot Dog</p> <p><b>Hot Vegetable:</b> Baked Beans</p> <p><b>Deli:</b> Ham &amp; Cheese Sub</p>	<p><b>BKFST:</b> Vanilla Glazed Donut <b>31</b></p> <p><b>Entree:</b> Boneless Wings Dinner Roll</p> <p><b>Hot Vegetable:</b> Fresh Cut Celery &amp; Carrots</p> <p><b>Salad:</b> Turkey Chef Dinner Roll</p> 