

# January 2025

## MTSD ELEMENTARY MENU



**Smucker's Uncrustable PBJ Pack:**  
Includes Uncrustable & Cheese Stick  
Available daily as a Lunch Entrée

### NOTES

Daily Breakfast Entrée Choices: Assorted Reduced Sugar Cereals, Whole Grain Pop Tarts, Hard-Boiled Eggs, & Yogurt  
Daily Fruit Choices: Assorted Fresh Fruit, Assorted Fruit Cups  
\*100% Fruit Juice is offered Monday through Friday @ Breakfast  
\*100% Fruit Juice is offered Tuesday and Thursday @ Lunch  
Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable Dujour

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

#### Our Meals Include:

- Meals that are made fresh daily
- Assortments of Fresh Fruits & Vegetables
- Whole Grains
- 100% Fruit Juice
- Age-Appropriate Portion Sizes
- Healthy A La Carte Selections (Smart Snacks) that meet USDA Nutritional Standards for Calories, Fat, Sugar, & Sodium (available for purchase)

#### Student Meal Prices:

**Breakfast: FREE 1**  
**Paid Lunch: \$ 2.55**

#### Daily Milk Selections:

**Skim Chocolate Milk**  
**1% White Milk**  
**Milk (Ala Carte) \$ 0.95**  
**NO SCHOOL**

#### BKFST: Egg & Cheese Muffin 2

**Entree:** Pancakes  
Chicken Sausage  
**Hot Vegetable:** Hashbrown  
**Deli:** Ham & Cheese Sandwich

#### BKFST: Vanilla Glazed Donut 3

**Entree:** "Pizza Friday"  
(Cheese or Pepperoni)  
**Vegetable:** Assorted Fresh Cut Vegetables  
**Grill:** Smith's Hot Dog  
**Deli:** Pretzel, Yogurt, & Cheese Lunch Pack

6

**BKFST:** Mini Maple Pancakes  
**Entree:** Pizza Crunchers  
**Hot Vegetable:** Buttered Corn  
**Grill:** Chicken Tenders  
Goldfish Crackers  
**Deli:** Turkey & Cheese Sub

7

**BKFST:** Egg & Cheese Bagel  
**Entree:** Chicken Alfredo w/ Penne  
**Hot Vegetable:** Steamed Broccoli  
**Grill:** Cheese Dippers w/ Sauce  
**Salad:** Chicken Chef  
Goldfish Crackers

8

**BKFST:** Scrambled Eggs w/ Bacon  
Buttered Toast  
**Entree:** Chicken Patty Sandwich  
**Hot Vegetable:** Green Beans  
**Grill:** Beef & Cheese Quesadilla  
**Deli:** Ham & Cheese Sub

9

**BKFST:** Sausage & Cheese Muffin  
**Entree:** Hamburger  
Cheeseburger  
**Hot Vegetable:** Baked Beans  
**Grill:** Corn Dog  
**Salad:** Ham & Turkey Chef  
Goldfish Crackers

10

**BKFST:** Vanilla Glazed Donut  
**Entree:** "Pizza Friday"  
**Domino's**  
(Cheese or Pepperoni)  
**Vegetable:** Assorted Fresh Cut Vegetables  
**Deli:** Pretzel, Yogurt, & Cheese Lunch Pack

13

**BKFST:** Mini Confetti Pancakes  
**Entree:** Grilled Cheese Melt  
**Hot Vegetable:** Tomato Soup  
**Grill:** Italian Meatball Sub  
**Salad:** Egg Chef  
Goldfish Crackers  
**Lucky Tray Day!**

14

**BKFST:** Colby Cheese Omelet  
Buttered Toast  
**Entree:** Chicken Patty Sandwich  
**Hot Vegetable:** Baked Beans  
**Grill:** Hamburger  
Cheeseburger  
**Deli:** Turkey & Cheese Sub

15

**BKFST:** Glazed Cinnamon Roll  
**Entree:** Popcorn Chicken & Rice  
w/ Orange Sauce  
**Hot Vegetable:** Steamed Broccoli  
**Grill:** Corn Dog  
**Salad:** Italian Ham  
Goldfish Crackers

16

**BKFST:** Blueberry Muffin Top  
**Entree:** French Toast Sticks  
Chicken Sausage  
**Hot Vegetable:** Hashbrown  
**Deli:** Ham & Cheese Sandwich

17

**BKFST:** Vanilla Glazed Donut  
**Entree:** "Pizza Friday"  
(Cheese or Pepperoni)  
**Vegetable:** Assorted Fresh Cut Vegetables  
**Grill:** Smith's Hot Dog  
**Deli:** Pretzel, Yogurt, & Cheese Lunch Pack

20

**NO SCHOOL**

**BKFST:** Egg & Cheese Muffin  
**Entree:** Chicken Tenders  
Goldfish Crackers  
**Hot Vegetable:** Baked Beans  
**Grill:** Hamburger  
Cheeseburger  
**Deli:** Turkey & Cheese Sub

21

**BKFST:** Scrambled Eggs  
Chicken Sausage  
**Entree:** Beef Nachos w/ Cheese  
**Hot Vegetable:** Steamed Broccoli  
**Grill:** Corn Dog  
**Salad:** Turkey Chef  
Goldfish Crackers

22

**BKFST:** Eggoji Waffle  
Chicken Sausage  
**Entree:** Chicken & Mashed Potato  
Bowl w/ Gravy  
Dinner Roll  
**Hot Vegetable:** Buttered Corn  
**Deli:** Ham & Cheese Sandwich

23

**BKFST:** Vanilla Glazed Donut 24  
**Entree:** "Pizza Friday"  
(Cheese or Pepperoni)  
**Vegetable:** Assorted Fresh Cut Vegetables  
**Grill:** Smith's Hot Dog  
**Deli:** Pretzel, Yogurt, & Cheese Lunch Pack

27

**NO SCHOOL**

**BKFST:** Egg & Cheese Biscuit  
**Entree:** Beef Soft Tacos  
**Hot Vegetable:** Buttered Corn  
**Grill:** Cheese Dippers w/ Sauce  
**Deli:** Ham & Cheese Sub

28

**BKFST:** Oatmeal C.C. Benefit Bar  
**Entree:** Italian Meatball Sub  
**Hot Vegetable:** French Fries  
**Grill:** Chicken Patty Sandwich  
**Salad:** Egg Chef  
Goldfish Crackers

29

**BKFST:** Sausage, Egg, &  
Cheese Bagel  
**Entree:** Bacon Cheeseburger  
**Hot Vegetable:** Baked Beans  
**Grill:** Chicken Tenders  
Goldfish Crackers  
**Deli:** Turkey & Cheese Sandwich

30

**BKFST:** Vanilla Glazed Donut 31  
**Entree:** "Pizza Friday"  
(Cheese or Pepperoni)  
**Vegetable:** Assorted Fresh Cut Vegetables  
**Grill:** Smith's Hot Dog  
**Deli:** Pretzel, Yogurt, & Cheese Lunch Pack

31