

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

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

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

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

31