

BREAKFAST IS <u>FREE</u> FOR ALL STUDENTS - JOIN US FOR A GREAT START TO YOUR MORNING!

NOTES

Free Lunch Meals for Eligible Students –
Apply Online@ www.mtsd.org

# **June 2025**

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

GREAT START TO YOUR MORNING!  1 *100% Fruit Juice is offered Tuesday and Thursday @ Lunch Daily Vegetable Choices: Fresh Cut Cold Vegetables, Hot Vegetable DuJour				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFST: Mini Maple Pancakes  Entree: Italian Meatball Sub Hot Vegetable: Buttered Corn Grill: Chicken Tenders Goldfish Crackers	BKFST: Egg & Cheese Bagel  Entree: Chef's Choice Hot Vegetable: Steamed Broccoli Grill: Chicken Patty Sandwich	BKFST: Blueberry Muffin Top  Entree: Ham & Cheese Pretzel Melt Hot Vegetable: Green Beans Grill: Chicken Nuggets Goldfish Crackers	BKFST: Sausage & Cheese Muffin Entree: Cheese Dippers w/ Sauce Hot Vegetable: Baked Beans Grill: Popcorn Chicken Goldfish Crackers	BKFST: Vanilla Glazed Donut Entree: "Pizza Friday" w/ Domino's
BKFST: Chef's Choice  Entree: French Toast Sticks Chicken Sausage Hot Vegetable: Hashbrown	BKFST: Scrambled Eggs w/ Bacon & Toast  Entree: Fun & Fitness Lunch Pack (Hamburger or Smith's Hot Dog)	BKFST: Cinnamon Roll  Entree: Beef Nachos w/ Cheese Hot Vegetable: Buttered Corn	BKFST: Vanilla Glazed Donut  Entree: "Pizza Friday"  Domino's  (Cheese or Pepperoni)  Vegetable: Assorted Fresh Cut  Vegetables	13
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#### **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 Paid Lunch: \$ 2.55

Daily Milk Selections:
Skim Chocolate Milk
1% White Milk
Milk (Ala Carte) \$ 0.95

## Smucker's Uncrustable

Sandwich:
Available daily as a
Breakfast Entrée

#### Smucker's Uncrustable PBJ Pack:

Includes Uncrustable & Cheese Stick Available daily as a Lunch Entrée