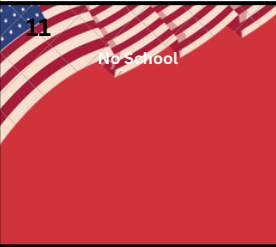






Director of Food & Nutrition

Alexis Buck | Phone: 814.835.5338 | Email: buck@mtsd.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Ravioli w/ Marinara & Garlic toast or Turkey & Cheese Munchable Steamed Broccoli	4 Beef & Cheese Tacos or Crispy Chicken Salad w/ Sliced bread Refried Beans	5 Sweet & Sour Dumplings w/ Rice or Fruit Yogurt Parfait w/ Sliced Bread Steamed Corn	6 French Toast Sticks w/ Sausage Patties or Chicken Nugget Munchable Crispy Tater Tots	7 BBQ Rib on a Roll or Chicken & Cheese Wrap Oven Roasted Carrots
10 No School	11  No School	12 Hot Ham & Cheese on Pretzel Bun or Fruit Yogurt Parfait w/ Granola & Sliced Bread or Crispy French Fries *Farm to Fork Broccoli Salad*	13 Mandarin Chicken oven Rice or BYO Pizza Munchable Steamed Cauliflower	14 Cheese Quesadilla or Turkey & Cheese Sandwich Baked Beans
17 Cheeseburger on a Bun or PBJ Munchable Baked Beans	18 Mickey Mouse's Birthday! Mickey's Magic Noodles & Meatballs or Chef Salad w/ Turkey & Sliced bread Mickey's Roasty Toasty Carrots	19 Macaroni & Cheese w/ Sliced Bread or Fruit Yogurt Parfait w/ Granola & Sliced Bread Side Garden Salad	20 Roasted Turkey w/ Sliced Bread Stuffing Cranberry Sauce Mashed potatoes w/ Gravy Pumpkin Bar	21 Popcorn Chicken w/ Rice or Ham & Cheese Wrap Steamed Mixed Vegetables
24 Cheese Tortellini Alfredo w/ Garlic Toast or Nacho Munchable Steamed Broccoli	25 Beef Nachos w/ Sliced bread or Garden Salad w/ Egg & Sliced bread Refried Beans	26 Grilled Cheese Panini or Fruit Yogurt Parfait w/ Granola & Sliced Bread Oven Roasted Carrots	27  NO SCHOOL	28  NO SCHOOL



WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS

Monday: Chicken nuggets w/ sliced bread or goldfish
 Tuesday: Cheesy Bosco Sticks
 Wednesday: Chicken Patty on a Bun
 Thursday: Corn Dog on a stick or Corn Dog Nuggets
 Friday: Cheese or Pepperoni Pizza