

Director of Food & Nutrition

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fresh
EATS
· BISTRO ·

Monday	Tuesday	Wednesday	Thursday	Friday
3 Ham & Cheese Wrap Assorted Fresh Fruit & Vegetable Choice of Milk	4 Chicken Caesar Salad w/ Sliced bread Assorted Fresh Fruit & Vegetable Choice of Milk	5 Fruit Yogurt Parfait w/ Granola & Crackers Assorted Fresh Fruit & Vegetable Choice of Milk	6 Breaded Chicken Wrap Assorted Fresh Fruit & Vegetable Choice of Milk	7 Turkey & Cheese Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk
10 No School	11  No School	12 Crispy Chicken Salad w/ Sliced Bread Assorted Fresh Fruit & Vegetable Choice of Milk	13 Ham & Cheese Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	14 Turkey & Cheese hoagie Assorted Fresh Fruit & Vegetable Choice of Milk
17 Chicken salad Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	18 Turkey & Cheese wrap Assorted Fresh Fruit & Vegetable Choice of Milk	19 Chef Salad w/ Turkey & Sliced Bread Assorted Fresh Fruit & Vegetable Choice of Milk	20 Ham & Cheese hoagie Assorted Fresh Fruit & Vegetable Choice of Milk	21 Buffalo chicken Wrap Assorted Fresh Fruit & Vegetable Choice of Milk
24 Turkey Club Sandwich Assorted Fresh Fruit & Vegetable Choice of Milk	25 Popcorn Chicken Salad w/ Sliced Bread Assorted Fresh Fruit & Vegetable Choice of Milk	26 Fruit Yogurt Parfait w/ Granola & Crackers Assorted Fresh Fruit & Vegetable Choice of Milk	27  NO SCHOOL	28  NO SCHOOL

ALTERNATE DAILY MENU OPTIONS

Uncrustable w/ Cheesestick & Crackers

Chef Salad w/ ham/turkey & sliced bread

Wraps or Sandwichs:

Ham & Cheese

Turkey & Cheese

Italian Combo

Happy Thanksgiving

If there's a Veteran in your family,
thank them for their service.

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