

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Meatball Hoagie or Chicken Nugget Munchable Steamed Green Beans	2 Chicken & Gravy Over Biscuit or Chef Salad w/ ham, turkey & sliced bread Mashed Potatoes w/ Gravy	3 Fiesta Pizza or Fruited Yogurt Parfait w/ Granola & Crackers Steamed Corn	4 Sweet & Sour Dumplings or Turkey & Cheese Munchable Refried Beans	5 Cheesesteak Hoagie or Popcorn Chicken w/ Rice Oven Roasted Carrots
8 Pierogies w/ sliced bread or PBJ Munchable Roasted Sweet Potatoes	9 Walking taco w/ Beef & Cheese & Sliced bread or Breaded Chicken Caesar Salad w/ sliced bread Golden Corn	10 Chicken Broccoli Alfredo w/ sliced bread or Fruited Yogurt Parfait w/ Granola & Crackers Steamed Broccoli	11 BBQ Pork Macaroni & Cheese w/ Garlic Toast or Nacho Munchable Baked Beans	12 Chicken Tenders w/ Sliced bread or Turkey & Cheese Hoagie Steamed Peas
15 Chicken & Waffles or Ham & Cheese Munchable Crispy Tater Tots	16 Salisbury Steak w/ Gravy & Noodles or Chef Salad w/ Egg & Sliced bread Mixed Vegetables	17 Cheese Ravioli Rosa Bianca & Garlic Toast or Fruited Yogurt Parfait w/ Granola & Crackers Steamed Green Beans	18 Baked Ham & Sliced bread or Italian Dunker Munchable Mashed Potatoes w/ Gravy Chocolate Chip Cookie	19 Cheeseburger on a Bun or Chicken & Cheese Wrap Oven Roasted Carrots
22 French Toast Sticks w/ Sausage Patties or PBJ Munchable Crispy Tater Tots	23 Popcorn Chicken Bowl or Taco Salad w/ beef & cheese & Tortilla Chips Golden Corn	24  NO SCHOOL	25  NO SCHOOL	26  NO SCHOOL
			<h2>Happy Holidays</h2> <p>Serving you healthy, tasty favorites is a gift to us.</p>	

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

*Pre K milk options: Fat Free White or 1% White

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