

Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Ham & Cheese Hoagie or PBJ Munchable Steamed Green Beans	3 French Toast Sticks w/ Green Eggs & Ham *Happy Birthday Dr. Seuss! or Chicken Salad w/ Sliced bread Crispy Tater Tots Chocolate Chip Cookie	4 Meatball Hoagie or Fruit & Yogurt Parfait w/ Granola & Crackers Steamed Peas	5 Orange Chicken w/ Rice or Turkey & Cheese Munchable Steamed Broccoli	6 Cheese Quesadilla w/ Salsa or Italian Hoagie Oven Roasted Carrots
9 Cheese Ravioli w/ Marinara & Garlic Toast or Nacho Munchable Steamed Broccoli	10 Popcorn Chicken Bowl w/ Sliced bread or Chef Salad w/ Turkey & Sliced bread Mashed Potatoes	11 Italian Dunkers or Fruit & Yogurt Parfait w/ Granola & Crackers Steamed Mixed Vegetables	12 Sweet & Sour Dumplings or BYO Pizza Munchable Steamed Peas	13 Cheeseburger on a Bun or Chicken & Cheese Wrap Crispy French Fries
16 Fiestada Pizza or WBJ Munchable Steamed Cauliflower	17 Baked Penne w/ Garlic Toast or Beef & Cheese Taco Salad Steamed Green Beans *Go For Greens* Chocolate Pudding Cup	18 Pepperoni & Cheese Panini or Fruit & Yogurt Parfait w/ Granola & Crackers Oven Roasted Carrots	19 Walking tacos w/ Beef & Cheese & Sliced bread or Ham & cheese Munchable Steamed Corn	20 Pierogies w/ Sliced bread or Turkey & Cheese Hoagie Steamed Mixed Vegetables
23 Lasagna Roll Ups w/ Sliced bread or PBJ Munchable Steamed Broccoli	24 Sloppy Nachos or Garden Salad w/ egg & sliced bread Refried Beans	25 Grilled Cheese Panini or Fruit & Yogurt Parfait w/ Granola & Crackers Steamed Peas	26 BBQ Rib on a Roll or Chicken Nugget Munchable Crispy French Fries	27 Cheese Tortellini w/ Mariana & Toast or Ham & Cheese Wrap Oven Roasted Carrots
30 Turkey & Cheese Pretzel Melt or Dunker Munchable Steamed Corn	31 Macaroni & Cheese w/ Sliced Bread or Chef Salad w/ Ham & Sliced bread Steamed Mixed Vegetables	National Nutrition Month Recharge with a tasty lunch that's also good for you.		

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: Smiths Hot dog on a Bun
 Friday: Cheese or Pepperoni Pizza