

January 2019 MTS P.E.A.S.E. Academy M-Th Menu

Week 6	Monday, December 31, 2018	Tuesday, January 1, 2019	Wednesday, January 2, 2019	Thursday, January 3, 2019
Hot Lunch		Chicken Fritters Mashed Potatoes Dinner Roll Fruit of the Day	Creamy Mac & Cheese Dinner Roll Mixed Greens Salad w/Veggies & Dressing Fruit of the Day ABC Crackers	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day
		Cheese Ravioli w/Red Sauce Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Cheeseburger Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	French Toast Sticks (6) & Syrup Chicken Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Vegetarian Deli Sandwich Deli Salad				
Week 1	Monday, January 7, 2019	Tuesday, January 8, 2019	Wednesday, January 9, 2019	Thursday, January 10, 2019
Hot Lunch	Spicy Chicken Sandwich CKC Spicy Sauce Baby Carrots & Dip Flamas Fruit of the Day	Southwest White Queso Nachos Shredded Lettuce, Cheese, Diced Tomatoes & Cilantro Golden Corn Chips Chilled Corn Salad Fruit of the Day	Brunch Lunch French Toast Sticks w/Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies CKC Baked Beans Fruit of the Day
	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Burger Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Bean & Cheese Burrito w/Cholula Hot Sauce Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Vegetarian Deli Sandwich Deli Salad				
Week 2	Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019
Hot Lunch	Spicy Buffalo Chicken Tenders Ketchup & Ranch Sauce Garden Salsa Sunchip Baby Carrots & Dip Fruit of the Day	Cheeseburger WG Bun, Ketchup, Mustard & Pickles Flamas CKC Baked Beans Fruit of the Day	Jumbo Ravioli w/Red Sauce Dinner Roll Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	Orange Chicken Seasoned Brown Rice Chilled Corn Salad Fruit of the Day
	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Honey Mustard Chicken & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	French Toast Sticks (6) & Syrup Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Vegetarian Deli Sandwich Deli Salad				
Week 3	Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019
Hot Lunch	General TSO's Chicken Steamed Rice Baby Carrots & Dip Fruit of the Day	Beef & Bean Cheddar Queso Nacho's Corn Tortilla Chips, Sour Cream & Cholula Hot Sauce Shredded Lettuce & Cilantro, Cheese & Tomatoes Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day	Chicago Footlong Hotdog Ketchup & Mustard Cheetos Chilled Corn Salad Fruit of the Day	Spicy Buffalo Chicken Nuggets Ketchup & Ranch Flamas Mixed Greens Salad w/Veggies & Dressing Fruit of the Day
	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chicken Chutney & Lettuce Sandwich or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Garlic Twisted Mozzarella Stuffed Breadstick Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Vegetarian Deli Sandwich Deli Salad				
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019
Hot Lunch	Sloppy Joe WG Bun Funyuns Baby Carrots & Dip Fruit of the Day	Stuffed Shells w/Red Sauce Dinner Roll Chilled Corn Salad Fruit of the Day	Brunch Lunch French Toast Sticks w/Fruit Topping & Syrup (6) Crispy Cubes Mixed Greens Salad w/Veggies & Dressing Fruit of the Day	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Flamas Spicy Black Bean & Cotija Cheese Salsa Fruit of the Day
	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Grilled Curry Chicken & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Egg Fried Rice Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Cheese Bosco Stick & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)
Vegetarian Deli Sandwich Deli Salad				