

September 2019 MTS Banaadir North & South Charter Schools Lunch Menu

Week 5	Monday, September 2, 2019	Tuesday, September 3, 2019	Wednesday, September 4, 2019	Thursday, September 5, 2019	Friday, September 6, 2019
Hot Lunch	Nacho Cheese Scoops Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops Cheesy Refried Beans Fruit of the Day	Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Baby Carrots & Dip Fruit of the Day	Creamy Mac & Cheese Dinner Roll Cucumbers w/Dip Fruit of the Day	Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickle Rounds Crunchy Cheetos Corneriffic Salad Fruit of the Day	Fresh Hot Pizza Mixed Greens Salad & Dressing Fruit of the Day
Veg Lunch	French Toast Sticks & Syrup	Bean & Cheese Burrito & Cholula Hot Sauce	Cheese Lasagna w/Marinara	Egg & Cheese Ciabata	Cheese Pizza
Cold Lunch	Fruited Yogurt, Cheese Stick & Bagel w/Cream Chz or Cheese Sandwich	Turkey & Lettuce Sandwich or Cheese Sandwich	Cheese Pizza Pack (Like a Lunchable) or Cheese Sandwich	Sliced Turkey & Cheddar on Whole Wheat Bread or Cheese Sandwich	Citrus Chicken w/Lettuce Bun or Cheese Sandwich
Deli Salad	Grilled Chicken Caesar or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 6	Monday, September 9, 2019	Tuesday, September 10, 2019	Wednesday, September 11, 2019	Thursday, September 12, 2019	Friday, September 13, 2019
Hot Lunch	Chicken Fritter Wrap WG Tortilla, Dressed Cabbage & Cheese Baby Carrots & Dip Fruit of the Day Strawberry Chex Mix	Taco in a Bag Nacho Cheese Chips & Seasoned Beef Shredded Lettuce & Cheese Refried Bean Dip Fruit of the Day	BBQ Chicken Leg Seasoned Rice Cucumbers w/Dip Fruit of the Day	Somali Style Meatballs Steamed Rice Goldfish Pretzels Boomba Corn & Carrot Slims w/ Dip Fruit of the Day	Fresh Hot Pizza Mixed Greens Salad & Dressing Fruit of the Day
Veg Lunch	Creamy Mac & Cheese	Cheese Quesadilla & Cholula Hot Sauce	Double Cheese Stuffed Breadstick	Pizza Crunchers w/Italian Dip	Cheese Pizza
Cold Lunch	Sunbutter & Jelly Sandwich (1) or Cheese Sandwich	Taco Chicken Box: Grilled & Chilled w/Sides or Cheese Sandwich	Sesame Chicken & Lettuce on Ciabatta or Cheese Sandwich	Deli Turkey Bagel Sandwich or Cheese Sandwich	Lime Chicken w/Lettuce Bun or Cheese Sandwich
Deli Salad	Grilled Chicken Caesar or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 1	Monday, September 16, 2019	Tuesday, September 17, 2019	Wednesday, September 18, 2019	Thursday, September 19, 2019	Friday, September 20, 2019
Hot Lunch	Cowboy Cheeseburger Cool Ranch Doritos Baby Carrots & Dip Fruit of the Day	Orange Chicken Steamed Seasoned Rice Mixed Greens Salad w/ Dressing Fruit of the Day	Gold Coast Chicken Mashed Potatoes Dinner Roll Fruit of the Day	All Beef Hot Dog Hot Dog Bun & Ketchup Cheddar Goldfish Crackers Baked Beans Fruit of the Day	Fresh Hot Pizza Crisp Greens Salad w Dressing Fruit of the Day
Veg Lunch	Garden Burger	Cheese Lasagna w/Marinara	Veggie Pizza Pack (Like a Lunchable)	Egg & Cheese Biscuit Sandwich	Cheese Pizza
Cold Lunch	Turkey on Whole Wheat Bread or Cheese Sandwich	Grilled Chicken Bagel Sandwich or Cheese Sandwich	Grilled Chicken & Cheddar Cheese Bun or Cheese Sandwich	Greek Yogurt, Cheese Stick & Animal Crackers or Cheese Sandwich	Turkey & Cheese Lunch Box Pack or Cheese Sandwich
Deli Salad	Grilled Chicken Caesar or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 2	Monday, September 23, 2019	Tuesday, September 24, 2019	Wednesday, September 25, 2019	Thursday, September 26, 2019	Friday, September 27, 2019
Hot Lunch	Chicken Fritters Ketchup Garden Salsa Sun Chips Corn Crunch Salad Fruit of the Day	Juicy Mozzarella Burger WG Bun & Ketchup Munchies Baked Beans Fruit of the Day	Chicken Maje Steamed Rice Mixed Greens & Dressing Fruit of the Day	Brunch Lunch French Toast Sticks, Margarine & Syrup Fruited Yogurt Sliced Cucumbers w/Dip Fruit of the Day	Fresh Hot Pizza Baby Carrots & Dip Fruit of the Day
Veg Lunch	Double Cheese Stuffed Breadstick	Veggie Sausage & Mini Cheese Bagel Sandwich	Pizza Crunchers w/ Marinara Sauce	Cheese Enchiladas	Cheese Pizza
Cold Lunch	Sunbutter & Jelly Sandwiches (2) or Cheese Sandwich	Honey Mustard Chix & Lettuce Ciabatta or Cheese Sandwich	Turkey & Lettuce Sandwich or Cheese Sandwich	Cheese Pizza Pack (Like a Lunchable) or Cheese Sandwich	Protein Shake: Egg, Chz Cubes, Mini Burger & Fruit
Deli Salad	Grilled Chicken Caesar or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 3	Monday, September 30, 2019	Tuesday, October 1, 2019	Wednesday, October 2, 2019	Thursday, October 3, 2019	Friday, October 4, 2019
Hot Lunch	Cheeseburger Ketchup & Pickles Doritos Cool Ranch Baked Beans Fruit of the Day				
Veg Lunch	Wild Mikes Cheese Bites w/ Italian Dip				
Cold Lunch	Grilled Greek Chicken Bun or Cheese Sandwich				
Deli Salad	Grilled Chicken Caesar or Veg Caesar Salad				

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.