

<b>September 2019 MTS P.E.A.S.E. Academy Menu</b>				
<b>Week 5</b>	<b>Monday, September 2, 2019</b>	<b>Tuesday, September 3, 2019</b>	<b>Wednesday, September 4, 2019</b>	<b>Thursday, September 5, 2019</b>
<b>Hot Lunch</b>	<b>Old Fashioned Soft Shell Beef Taco</b> WG Tortilla, Seasoned Beef, Lettuce & Cheese Sour Cream & Cholula Hot Sauce Tortilla Chips & Refried Bean Dip Fruit of the Day	<b>BYO Breaded Chicken &amp; Cheese Sandwich</b> WG Bun, Ketchup, Mayo & Pickles Harvest Cheddar Sun Chips Baby Carrots & Dip Fruit of the Day	<b>Creamy Mac &amp; Cheese</b> Dinner Roll Mixed Greens Salad & Dressing Fruit of the Day	<b>Old Fashioned Hamburger</b> WG Bun, Ketchup, Mustard & Pickle Rounds Doritos Sweet Chili Corneriffic Salad, Carrots & Dip Fruit of the Day
<b>Veg Lunch</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Bean &amp; Cheese Burrito &amp; Cholula Hot Sauce</b>	<b>Cheese Lasagna w/Marinara</b>	<b>Egg &amp; Cheese Ciabata</b>
<b>Cold Lunch</b>	<b>Fruited Yogurt, Cheese Stick &amp; Mini Bagel w/Cream Chz or Cheese Sandwich</b>	<b>Grilled Salsa Chicken on Ciabata or Cheese Sandwich</b>	<b>Cheese Pizza Pack (Like a Lunchable) or Cheese Sandwich</b>	<b>Sliced Turkey &amp; Cheddar on Whole Wheat Bread or Cheese Sandwich</b>
<b>Deli Salad</b>	<b>Grilled Chicken Caesar or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>
<b>Week 6</b>	<b>Monday, September 9, 2019</b>	<b>Tuesday, September 10, 2019</b>	<b>Wednesday, September 11, 2019</b>	<b>Thursday, September 12, 2019</b>
<b>Hot Lunch</b>	<b>Meatball Sub w/Mozzarella</b> WG Hot Dog Bun Goldfish Pretzels Baby Carrots & Dip Fruit of the Day	<b>Chicken Fritter Wrap w/Yowza Sauce</b> WG Tortilla & Cheese Tomatoes & Boomba Cabbage Slaw Corn Errific Salad Fruit of the Day	<b>Taco in a Bag</b> Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Refried Bean Dip Fruit of the Day, Strawberry Chex Mix	<b>Szechuan Chicken</b> Seasoned Rice Asian Broccoli Carrots & Dip Fruit of the Day, ABC Crackers
<b>Veg Lunch</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Quesadilla &amp; Cholula Hot Sauce</b>	<b>Double Cheese Stuffed Breadstick</b>	<b>Pizza Crunchers w/Italian Dip</b>
<b>Cold Lunch</b>	<b>Sunbutter &amp; Jelly Sandwiches or Cheese Sandwich</b>	<b>Taco Chicken: Grilled &amp; Chilled w/Sides or Cheese Sandwich</b>	<b>Sesame Chicken &amp; Lettuce on Ciabatta or Cheese Sandwich</b>	<b>Deli Turkey Bagel Sandwich or Cheese Sandwich</b>
<b>Deli Salad</b>	<b>Grilled Chicken Caesar or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>
<b>Week 1</b>	<b>Monday, September 16, 2019</b>	<b>Tuesday, September 17, 2019</b>	<b>Wednesday, September 18, 2019</b>	<b>Thursday, September 19, 2019</b>
<b>Hot Lunch</b>	<b>Cowboy BBQ Cheeseburger</b> Doritos Cool Ranch Baby Carrots & Dip CKC Baked Beans Fruit of the Day	<b>Southwest Chicken Nachos</b> Corn Chips, Lettuce, Chz, Diced Tomatoes & Cilantro Cholula Hot Sauce & Sour Cream Ranchero's Corn Salad Fruit of the Day	<b>Spicy Mongolian Rice Pilaf</b> Mised Greens Salad & Dressing Fruit of the Day Chocolate Caramel Chex Mix	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Funyuns Carrot Slims & Dip Fruit of the Day
<b>Veg Lunch</b>	<b>Garden Burger</b>	<b>Cheese Lasagna w/Marinara</b>	<b>Veggie Pizza Pack (Like a Lunchable)</b>	<b>Egg &amp; Cheese Biscuit Sandwich</b>
<b>Cold Lunch</b>	<b>Turkey on Whole Wheat Bread or Cheese Sandwich</b>	<b>Grilled Chicken Bagel Sandwich or Cheese Sandwich</b>	<b>Grilled Chicken &amp; Cheddar Cheese Bun or Cheese Sandwich</b>	<b>Greek Yogurt, Cheese Stick &amp; Animal Crackers or Cheese Sandwich</b>
<b>Deli Salad</b>	<b>Grilled Chicken Caesar or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>
<b>Week 2</b>	<b>Monday, September 23, 2019</b>	<b>Tuesday, September 24, 2019</b>	<b>Wednesday, September 25, 2019</b>	<b>Thursday, September 26, 2019</b>
<b>Hot Lunch</b>	<b>Korean BBQ</b> Steamed Seasoned Rice Corn Crunch Salad Baby Carrots & Dip Fruit of the Day	<b>Juicy Mozzarella Burger</b> WG Bun & Tomato & Leaf Lettuce w/Ketchup & Mayo Hot Cheetos Creamy Coleslaw & Carrot Slims w/Dip Fruit of the Day	<b>Chicken Alfredo Penne w/Heat</b> Dinner Roll w/Margarine Mixed Greens Salad & Dressing Fruit of the Day	<b>Delicious Spicy Meatballs &amp; Sauce</b> Steamed Seasoned Rice Banzo Yogurt Salad Baby Carrots & Dip Fruit of the Day
<b>Veg Lunch</b>	<b>Double Cheese Stuffed Breadstick</b>	<b>Veggie Sausage &amp; Mini Cheese Bagel Sandwich</b>	<b>Pizza Crunchers w/ Marinara Sauce</b>	<b>Cheese Enchiladas</b>
<b>Cold Lunch</b>	<b>Sunbutter &amp; Jelly Sandwiches or Cheese Sandwich</b>	<b>Honey Mustard Chix &amp; Lettuce Ciabatta or Cheese Sandwich</b>	<b>Turkey &amp; Lettuce Sandwich or Cheese Sandwich</b>	<b>Cheese Pizza Pack (Like a Lunchable) or Cheese Sandwich</b>
<b>Deli Salad</b>	<b>Grilled Chicken Caesar or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>
<b>Week 3</b>	<b>Monday, September 30, 2019</b>	<b>Tuesday, October 1, 2019</b>	<b>Wednesday, October 2, 2019</b>	<b>Thursday, October 3, 2019</b>
<b>Hot Lunch</b>	<b>General Tso's Chicken</b> Steamed Rice Asian Marinated Carrot Salad Fruit of the Day			
<b>Veg Lunch</b>	<b>Wild Mikes Cheese Bites w/ Italian Dip</b>			
<b>Cold Lunch</b>	<b>Grilled Greek Chicken Bun or Cheese Sandwich</b>			
<b>Deli Salad</b>	<b>Grilled Chicken Caesar or Veg Caesar Salad</b>			

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