

September 2019 MTS Secondary 9-12 Pizza Friday 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	Old Fashioned Soft Shell Beef Taco WG Tortilla, Seasoned Beef, Lettuce & Cheese Sour Cream & Cholula Hot Sauce Tortilla Chips & Refried Bean Dip Fruit of the Day	Breaded Chicken & Cheese Sandwich WG Bun, Ketchup, Mayo & Pickles Harvest Cheddar Sun Chips Baby Carrots & Dip Fruit of the Day	Creamy Mac & Cheese Dinner Roll Cucumbers, Baby Carrots & Dip Fruit of the Day	Old Fashioned Hamburger WG Bun, Ketchup, Mustard & Pickle Rounds Doritos Sweet Chili Corneriffic Salad Fruit of the Day	Fresh Hot Delivered Pizza Mixed Greens Salad w/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	Meatball Sub w/Mozzarella WG Hot Dog Bun Goldfish Pretzels Baby Carrots, Celery Sticks & Dip Fruit of the Day	Chicken Fritter Wrap w/Yowza Sauce WG Tortilla & Cheese Tomatoes & Boomba Cabbage Slaw Fruit of the Day	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Refried Bean Dip Fruit of the Day, Strawberry Chex Mix	Szechuan Chicken Seasoned Rice Asian Broccoli Carrots & Dip Fruit of the Day, ABC Crackers	Fresh Hot Delivered Pizza Corneriffic Salad Sour Cream & Cheddar Chips 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 Sandwiches or Cheese Sandwich	Taco Chicken: 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 BBQ Cheeseburger Doritos Cool Ranch Baby Carrots & Dip CKC Baked Beans Fruit of the Day	Southwest Chicken Nachos Corn Chips, Lettuce, Chz, Diced Tomatoes & Cilantro Cholula Hot Sauce & Sour Cream Ranchero's Corn Salad Fruit of the Day	Spicy Mongolian Rice Pilaf Carrot Slims & Dip Fruit of the Day Chocolate Caramel Chex Mix	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Funyuns Creamy Coleslaw Fruit of the Day	Fresh Hot Delivered Pizza Mixed Greens Salad & 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	Korean BBQ Steamed Seasoned Rice Corn Crunch Salad Fruit of the Day	Juicy Mozzarella Burger WG Bun & Tomato & Leaf Lettuce w/Ketchup & Mayo Hot Cheetos Creamy Coleslaw & Carrot Slims w/Dip Fruit of the Day	Chicken Alfredo Penne w/Heat Dinner Roll w/Margarine Mixed Greens Salad & Dressing Fruit of the Day	Delicious Spicy Meatballs & Sauce Steamed Seasoned Rice Banzo Yogurt Salad Fruit of the Day	Fresh Hot Delivered Pizza Garden Salsa Sun Chips 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 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 Medley: Egg, Chz Cubes, Mini Bagel & Margarine 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 3	Monday, September 30, 2019	Tuesday, October 1, 2019	Wednesday, October 2, 2019	Thursday, October 3, 2019	Friday, October 4, 2019
Hot Lunch	General Tso's Chicken Steamed Rice Asian Marinated Carrot Salad 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.