

October 2019 MTS Secondary 6-8 Pizza Friday Menu					
Week 3	Monday, September 30, 2019	Tuesday, October 1, 2019	Wednesday, October 2, 2019	Thursday, October 3, 2019	Friday, October 4, 2019
Hot Lunch		Parmesan Pasta w/Beef Sauce Dinner Roll & Margarine Corneriffic Salad Fruit of the Day	Chicken Fajita Bowl Seasoned Chicken w/ Peppers & Onions Steamed Rice Mixed Greens & Dressing Fruit of the Day	Chicago Footlong Hotdog Ketchup & Mustard Crunchy Cheetos Old Fashioned Creamy Slaw & Baby Carrots w/Dip Fruit of the Day	Fresh Hot Delivered Pizza Corn Chips Refried Bean Dip, Shredded Lettuce Fruit of the Day
Veg Lunch		Mac & Cheese	Double Cheese Omelet & Mini Bagel w/Margarine	Bean & Cheese Burrito w/ Cholula Hot Sauce	Cheese Pizza
Cold Lunch		Turkey & Provolone on Wheat Bread or Cheese Sandwich	Greek Yogurt, Chz Cubes & Mini Snackbread Loaf or Cheese Sandwich	Grilled Southwest Chicken on Ciabata or Cheese Sandwich	Deli Turkey Croissant or Cheese Sandwich
Deli 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 4	Monday, October 7, 2019	Tuesday, October 8, 2019	Wednesday, October 9, 2019	Thursday, October 10, 2019	Friday, October 11, 2019
Hot Lunch	Sloppy Joe WG Bun Cool Ranch Doritos Baked Beans & Carrot Slims w/Dip Fruit of the Day	Hee Haw Spicy Buffalo Nuggets Ketchup & Ranch Flamas Baby Carrots, Celery Sticks & Dip Fruit of the Day	Penne & Homemade Meatsauce Dinner Roll & Margarine Assorted Mixed Greens & Dressing Fruit of the Day	Nacho Cheese Scoops Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Red Pepper & Cabbage Slaw Fruit of the Day	Fresh Hot Delivered Pizza Corneriffica Salad Hot Cheetos Fruit of the Day
Veg Lunch	Cheese Quesadilla w/ Cholula Hot Sauce	Veggie Nuggets w/Ketchup	Grilled Cheese Sandwich	Veggie Pizza Pack (Like a Lunchable)	Cheese Pizza
Cold Lunch	Grilled BBQ Chicken Bun or Cheese Sandwich	Power Combo: Grilled Chicken, Goldfish Pretzels or Cheese Sandwich	Turkey & Cheese Lunch Box Pack or Cheese Sandwich	Sunbutter & Jelly Sandwiches or Cheese Sandwich	Fresh Herb Chicken Croissant Sandwich 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 5	Monday, October 14, 2019	Tuesday, October 15, 2019	Wednesday, October 16, 2019	Thursday, October 17, 2019	Friday, October 18, 2019
Hot Lunch	Breaded Chicken & Cheese Sandwich WG Bun, Ketchup, Mayo & Pickles Harvest Cheddar Sun Chips Baby Carrots & Dip Fruit of the Day	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	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	Grilled Salsa Chicken on Ciabatta 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, October 21, 2019	Tuesday, October 22, 2019	Wednesday, October 23, 2019	Thursday, October 24, 2019	Friday, October 25, 2019
Hot Lunch	Meatball Sub w/Mozzarella WG Hot Dog Bun Goldfish Pretzels Baby Carrots & 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	Szechuan Chicken Seasoned Rice Asian Broccoli Carrots & Dip Fruit of the Day	Fresh Hot Delivered Pizza Corneriffica Salad Flamas 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, October 28, 2019	Tuesday, October 29, 2019	Wednesday, October 30, 2019	Thursday, October 31, 2019	Friday, November 1, 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	
Veg Lunch	Garden Burger	Cheese Lasagna w/Marinara	Veggie Pizza Pack (Like a Lunchable)	Egg & Cheese Biscuit Sandwich	
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	
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	

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