

March 2020 MTS Secondary - Grade 6-8 - Lunch Menu					
Week 1	Monday, March 2, 2020	Tuesday, March 3, 2020	Wednesday, March 4, 2020	Thursday, March 5, 2020	Friday, March 6, 2020
Hot Lunch	<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>Arroz Con Pollo</b> Carrot Slims & Dip Fruit of the Day Chocolate Caramel Chex Mix	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Funyuns Creamy Coleslaw Fruit of the Day	<b>Fresh Hot Delivered Pizza</b> Mixed Greens Salad & Dressing Fruit of the Day
Veg Lunch	<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>Cheese Pizza</b>
Cold Lunch	<b>Turkey on Whole Wheat Bread</b>	<b>Grilled Chicken Bagel Sandwich</b>	<b>Grilled Chicken &amp; Cheddar Cheese Bun</b>	<b>Greek Yogurt, Cheese Stick &amp; Animal Crackers</b>	<b>Turkey &amp; Cheese Lunch Box Pack</b>
Veg Cold Lunch	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>
Deli Salad	<b>Grilled Chicken Caesar Salad or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco Salad or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>	<b>Grilled Chicken Power Salad or Veg Power Salad</b>
Week 2	Monday, March 9, 2020	Tuesday, March 10, 2020	Wednesday, March 11, 2020	Thursday, March 12, 2020	Friday, March 13, 2020
Hot Lunch	<b>Korean BBQ</b> Steamed Seasoned Rice Baby Carrots & Dip Fruit of the Day	<b>Juicy Mozzarella Burger</b> WG Bun & Tomato & Leaf Lettuce w/Ketchup & Mayo Hot Cheetos CKC Baked Beans Fruit of the Day	<b>French Toast Sticks</b> Syrup Crispy Cubes & Ketchup Fruit of the Day	<b>Delicious Spicy Meatballs &amp; Sauce</b> Steamed Seasoned Rice Corn Crunch Salad & Carrot Slims Fruit of the Day	<b>Fresh Hot Delivered Pizza</b> Garden Salsa Sun Chips Mixed Green Salad & Dressing Fruit of the Day
Veg Lunch	<b>Double Cheese Stuffed Breadstick</b>	<b>Veggie Sausage &amp; Cheese Bagel Sandwich</b>	<b>Pizza Crunchers w/ Marinara Sauce</b>	<b>Cheese Enchiladas</b>	<b>Cheese Pizza</b>
Cold Lunch	<b>Sunbutter &amp; Jelly Sandwiches</b>	<b>Honey Mustard Chix &amp; Lettuce Ciabatta</b>	<b>Turkey &amp; Lettuce Sandwich</b>	<b>Cheese Pizza Pack (Like a Lunchable)</b>	<b>Protein Medley: Egg, Chz Cubes, Bagel &amp; Margarine</b>
Veg Cold Lunch	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>
Deli Salad	<b>Grilled Chicken Caesar Salad or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco Salad or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>	<b>Grilled Chicken Power Salad or Veg Power Salad</b>
Week 3	Monday, March 16, 2020	Tuesday, March 17, 2020	Wednesday, March 18, 2020	Thursday, March 19, 2020	Friday, March 20, 2020
Hot Lunch	<b>General Tso's Chicken</b> Steamed Rice Asian Marinated Carrot Salad Fruit of the Day	<b>Taco Joe w/Cheese</b> Cholula Hot Sauce Flamas Mixed Green Salad & Dressing Fruit of the Day	<b>Brunch Lunch</b> <b>DBL Cheese Omelet w/ Sour Cream &amp; Cholula</b> Bagel & Cream Cheese Crispy Cubes & Ketchup Fruit of the Day	<b>Chicago Footlong Hotdog</b> Ketchup & Mustard Crunchy Cheetos Old Fashioned Creamy Slaw & Baby Carrots w/Dip Fruit of the Day	<b>Fresh Hot Delivered Pizza</b> Corn Chips Refried Bean Dip Fruit of the Day
Veg Lunch	<b>Wild Mikes Cheese Bites w/ Italian Dip</b>	<b>Mac &amp; Cheese</b>	<b>Double Cheese Omelet &amp; Bagel w/Margarine</b>	<b>Bean &amp; Cheese Burrito w/ Cholula Hot Sauce</b>	<b>Cheese Pizza</b>
Cold Lunch	<b>Grilled Greek Chicken Bun</b>	<b>Turkey &amp; Provolone on Wheat Bread</b>	<b>Greek Yogurt, Chz Cubes &amp; Snackbread Loaf</b>	<b>Grilled Southwest Chicken on Ciabatta</b>	<b>Deli Turkey Croissant</b>
Veg Cold Lunch	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>
Deli Salad	<b>Grilled Chicken Caesar Salad or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco Salad or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>	<b>Grilled Chicken Power Salad or Veg Power Salad</b>
Week 4	Monday, March 23, 2020	Tuesday, March 24, 2020	Wednesday, March 25, 2020	Thursday, March 26, 2020	Friday, March 27, 2020
Hot Lunch	<b>Carnitas Chicken Burrito</b> Tortilla, Shredded Cheese, Cilantro, Cholula, Sour Cream Cool Ranch Doritos Baked Beans & Carrot Slims w/Dip Fruit of the Day	<b>Hee Haw Spicy Buffalo Nuggets</b> Ketchup & Ranch Flamas Baby Carrots, Celery Sticks & Dip Fruit of the Day	<b>Salisbury Steak &amp; Gravy</b> Dinner Rolls & Margarine Creamy Mashed Potatoes Fruit of the Day	<b>Nacho Cheese Scoops</b> Nacho Cheese Chicken, Tomatoes & Cilantro Tostitos Scoops & Sour Cream & Cholula Hot Sauce Red Pepper & Cabbage Slaw Fruit of the Day & Honey Graham Cracker	<b>Fresh Hot Delivered Pizza</b> Cesar Salad & Dressing Hot Cheetos Fruit of the Day
Veg Lunch	<b>Cheese Quesadilla w/ Cholula Hot Sauce</b>	<b>Veggie Nuggets w/Ketchup</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Pizza Pack (Like a Lunchable)</b>	<b>Cheese Pizza</b>
Cold Lunch	<b>Grilled BBQ Chicken Bun</b>	<b>Power Combo: Grilled Chicken w/ Sides</b>	<b>Turkey &amp; Cheese Lunch Box Pack</b>	<b>Sunbutter &amp; Jelly Sandwiches</b>	<b>Fresh Herb Chicken Croissant Sandwich</b>
Veg Cold Lunch	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>
Deli Salad	<b>Grilled Chicken Caesar Salad or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>	<b>Grilled Chix Southwest Taco Salad or Veg Taco Salad</b>	<b>Grilled Bistro Chicken Salad or Veg Bistro Salad</b>	<b>Grilled Chicken Power Salad or Veg Power Salad</b>
Week 5	Monday, March 30, 2020	Tuesday, March 31, 2020	Wednesday, April 1, 2020	Thursday, April 2, 2020	Friday, April 3, 2020
Hot Lunch	<b>Breaded Chicken &amp; Cheese Sandwich</b> WG Bun, Ketchup, Mayo & Pickles Harvest Cheddar Sun Chips Baby Carrots & Dip Fruit of the Day	<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			
Veg Lunch	<b>French Toast Sticks &amp; Syrup</b>	<b>Bean &amp; Cheese Burrito &amp; Cholula Hot Sauce</b>			
Cold Lunch	<b>Fruited Yogurt, Chz Stick &amp; Bagel w/Cream Chz</b>	<b>Grilled Salsa Chicken on Ciabatta</b>			
Veg Cold Lunch	<b>Cheese Sandwich</b>	<b>Cheese Sandwich</b>			
Deli Salad	<b>Grilled Chicken Caesar Salad or Veg Caesar Salad</b>	<b>Grilled Asian Chicken Salad or Veg Asian Salad</b>			

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