

March 2020 MTS Banaadir North & South Charter Schools - Grade K-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	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	Grilled Chicken Bagel Sandwich	Grilled Chicken & Cheddar Cheese Bun	Greek Yogurt, Cheese Stick & Animal Crackers	Turkey & Cheese Lunch Box Pack
Veg Cold Lunch	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Deli Salad	Grilled Chicken Caesar Salad or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco Salad or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 2	Monday, March 9, 2020	Tuesday, March 10, 2020	Wednesday, March 11, 2020	Thursday, March 12, 2020	Friday, March 13, 2020
Hot Lunch	Chicken Fritters Ketchup Garden Salsa Sun Chips Baby Carrots & Dip Fruit of the Day	Juicy Burger WG Bun & Ketchup Munchies Baked Beans Fruit of the Day	Chicken Alfredo Penne w/Mozzarella Cheese Dinner Roll Mixed Greens & Dressing Fruit of the Day	Brunch Lunch French Toast Sticks, Margarine & Syrup Crispy Cubes & Ketchup Fruit of the Day	Fresh Hot Pizza Mixed Green Salad & Dressing Fruit of the Day
Veg Lunch	Double Cheese Stuffed Breadstick	Veggie Sausage & Cheese Bagel Sandwich	Pizza Crunchers w/ Marinara Sauce	Cheese Enchiladas	Cheese Pizza
Cold Lunch	Sunbutter & Jelly Sandwiches (2)	Honey Mustard Chix & Lettuce Ciabatta	Turkey & Lettuce Sandwich	Cheese Pizza Pack (Like a Lunchable)	Protein Medley: Egg, Chz Cubes, Bagel & Margarine
Veg Cold Lunch	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Deli Salad	Grilled Chicken Caesar Salad or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco Salad or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 3	Monday, March 16, 2020	Tuesday, March 17, 2020	Wednesday, March 18, 2020	Thursday, March 19, 2020	Friday, March 20, 2020
Hot Lunch	Cheeseburger Ketchup & Pickles Doritos Cool Ranch Baked Beans Fruit of the Day	Mini Chicken Corn Dogs Ketchup Cornerrific Salad Fruit of the Day Keebler Chocolate Elf Grahams	Twisted Cheese Breadstick Italian Dip Mixed Garden Greens & Dressing Fruit of the Day	Chicken Suqaar Pilaf Sliced Cucumbers w/Dip Fruit of the Day	Fresh Hot Pizza Baby Carrots & Dip Fruit of the Day
Veg Lunch	Wild Mikes Cheese Bites w/ Italian Dip	Mac & Cheese	Double Cheese Omelet & Bagel w/Margarine	Bean & Cheese Burrito & Cholula Hot Sauce	Cheese Pizza
Cold Lunch	Grilled Greek Chicken Bun	Turkey & Provalone on Wheat Bread	Greek Yogurt, Chz Cubes & Mini Snackbread Loaf	Grilled Southwest Chicken on Ciabatta	Deli Turkey Croissant
Veg Cold Lunch	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Deli Salad	Grilled Chicken Caesar Salad or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco Salad or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 4	Monday, March 23, 2020	Tuesday, March 24, 2020	Wednesday, March 25, 2020	Thursday, March 26, 2020	Friday, March 27, 2020
Hot Lunch	Golden Chicken Nuggets Ketchup & Ranch Harvest Cheddar Sun Chips Baked Beans & Baby Carrots w/Dip Fruit of the Day	New Lunch Entrée Taco Joe WG Bun & Shredded Cheese Chilled Corn Boomba Salad & Funyuns Fruit of the Day	Shredded BBQ Sandwich WG Bun Mixed Greens Salad w/Dressing Fruit of the Day	Salisbury Steak & Gravy Dinner Roll CKC Youza Slaw & Baby Carrots w/ Dip Fruit of the Day	Fresh Hot Pizza Carrots & Dip Fruit of the day
Veg Lunch	Cheese Quesadilla & Cholula Hot Sauce	Veggie Nuggets w/Ketchup	Grilled Cheese Sandwich	Veggie Pizza Pack (Like a Lunchable)	Cheese Pizza
Cold Lunch	Grilled BBQ Chicken Bun	Power Combo: Grilled Chicken w/ Sides	Turkey & Cheese Lunch Box Pack	Sunbutter & Jelly Sandwich (1) w/ Chz Stick	Fresh Herb Chicken Croissant Sandwich
Veg Cold Lunch	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich
Deli Salad	Grilled Chicken Caesar Salad or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad	Grilled Chix Southwest Taco Salad or Veg Taco Salad	Grilled Bistro Chicken Salad or Veg Bistro Salad	Grilled Chicken Power Salad or Veg Power Salad
Week 5	Monday, March 30, 2020	Tuesday, March 31, 2020	Wednesday, April 1, 2020	Thursday, April 2, 2020	Friday, April 3, 2020
Hot Lunch	Breaded Chicken & Cheese Sandwich WG Bun & Ketchup Baby Carrots & Dip Fruit of the Day	New Lunch Entrée Swedish Meatballs & Gravy Soft Dinner Roll & Margarine Mashed Potatoes Fruit of the Day			
Veg Lunch	French Toast Sticks & Syrup	Bean & Cheese Burrito & Cholula Hot Sauce			
Cold Lunch	Fruited Yogurt, Cheese Stick & Bagel w/Cream Chz	Grilled Sala Chicken on Ciabatta			
Veg Cold Lunch	Cheese Sandwich	Cheese Sandwich			
Deli Salad	Grilled Chicken Caesar Salad or Veg Caesar Salad	Grilled Asian Chicken Salad or Veg Asian Salad			

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