

March 2020 MTS Secondary - Grade 9-12 - 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 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	Arroz Con Pollo 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	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	Korean BBQ Steamed Seasoned Rice Baby Carrots & Dip Fruit of the Day	Juicy Mozzarella Burger WG Bun & Tomato & Leaf Lettuce w/Ketchup & Mayo Hot Cheetos CKC Baked Beans Fruit of the Day	French Toast Sticks Syrup Crispy Cubes & Ketchup Fruit of the Day	Delicious Spicy Meatballs & Sauce Steamed Seasoned Rice Corn Crunch Salad & Carrot Slims Fruit of the Day	Fresh Hot Delivered Pizza Garden Salsa Sun Chips 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	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	General Tso's Chicken Steamed Rice Asian Marinated Carrot Salad Fruit of the Day	Taco Joe w/Cheese Cholula Hot Sauce Flamas Mixed Green Salad & Dressing Fruit of the Day	Brunch Lunch DBL Cheese Omelet w/ Sour Cream & Cholula Bagel & Cream Cheese Crispy Cubes & Ketchup 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 Fruit of the Day
Veg Lunch	Wild Mikes Cheese Bites w/ Italian Dip	Mac & Cheese	Double Cheese Omelet & Bagel w/Margarine	Bean & Cheese Burrito w/ Cholula Hot Sauce	Cheese Pizza
Cold Lunch	Grilled Greek Chicken Bun	Turkey & Provolone on Wheat Bread	Greek Yogurt, Chz Cubes & 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	Carnitas Chicken Burrito Tortilla, Shredded Cheese, Cilantro, Cholula, Sour Cream 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	Salisbury Steak & Gravy Dinner Rolls & Margarine Creamy Mashed Potatoes 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 & Honey Graham Cracker	Fresh Hot Delivered Pizza Caesar Salad & Dressing 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	Power Combo: Grilled Chicken w/ Sides	Turkey & Cheese Lunch Box Pack	Sunbutter & Jelly Sandwiches	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, 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 Baby Carrots & Dip, 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 Salsa 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.