

October 2020 MTS SFSP 5 Day Distant Learning K-12 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>				1	2
<i>Veg Lunch Option</i>				1	2
<i>All Lunches Receive</i>				1	2
<i>Breakfast</i>				1	2
<i>Week I</i>				1	2
	5	6	7	8	9
<i>Lunch</i>	Make Chicken Suqaar- Groceries Cooked Chicken Bag Rice	Make Chicken Suqaar- Groceries Cooked Chicken Bag Rice	Make Chicken Suqaar- Groceries Cooked Chicken Bag Rice	Make Chicken Suqaar- Groceries Cooked Chicken Bag Rice	Make Chicken Suqaar- Groceries Cooked Chicken Bag Rice
<i>Veg Lunch Option</i>	Yogurt, Cheese Cubes Stuffed Cream Cheese Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs WG Mini French Toast
<i>All Lunches Receive</i>	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
<i>Breakfast</i>	Pop Tart (1 wg item)	Mini Pancake Bag (1 wg item)	Cereal Bowl (1 wg item)	Honey Bun (1 wg item)	2 oz Brkfast Bread (1 wg Item)
<i>Week II</i>	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)
	12	13	14	15	16
<i>Lunch</i>	Make Suugo Suqaar- Groceries: Cooked Grnd Beef Dry Pasta	Make Suugo Suqaar- Groceries: Cooked Grnd Beef Dry Pasta	Make Suugo Suqaar- Groceries: Cooked Grnd Beef Dry Pasta	Make Suugo Suqaar- Groceries: Cooked Grnd Beef Dry Pasta	Make Suugo Suqaar- Groceries: Cooked Grnd Beef Dry Pasta
<i>Veg Lunch Option</i>	Cheese Bun	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Cheese Stick WG Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick WG Mini Pancake Bag
<i>All Lunches Receive</i>	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
<i>Breakfast</i>	Assorted Muffin (1 wg item)	Mini Waffle Bag (1 wg item)	BC Cinnamon Roll (1 wg Item)	Pop Tart (1 wg item)	Cereal Bowl (1 wg item)
<i>Week III</i>	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)
	19	20	21	22	23
<i>Lunch</i>	Iskudheh- Groceries: Cooked Chicken Bag of Rice	Iskudheh- Groceries: Cooked Chicken Bag of Rice	Iskudheh- Groceries: Cooked Chicken Bag of Rice	Iskudheh- Groceries: Cooked Chicken Bag of Rice	Iskudheh- Groceries: Cooked Chicken Bag of Rice
<i>Veg Lunch Option</i>	Yogurt, Cheese Cubes Stuffed Cream Cheese Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs WG Mini French Toast
<i>All Lunches Receive</i>	Vegetable/s & Fruit/s	Vegetable/s & Fruit/s	Vegetable/s & Fruit/s	Vegetable/s & Fruit/s	Vegetable/s & Fruit/s

Receive	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)	Milk (OVS)
Breakfast	Mini Pancake Bag (1 wg item)	Corn Muffin (1 wg item)	*New WG Apple Donut* (1 wg item)	Mini Cinnis (1 wg item)	Cereal Bowl (1 wg item)
Week IV	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)
	26	27	28	29	30
Lunch	Meatballs & Pasta- Groceries Cooked Meatballs Dry Pasta	Meatballs & Pasta- Groceries Cooked Meatballs Dry Pasta	Meatballs & Pasta- Groceries Cooked Meatballs Dry Pasta	Meatballs & Pasta- Groceries Cooked Meatballs Dry Pasta	Meatballs & Pasta- Groceries Cooked Meatballs Dry Pasta
Veg Lunch Option	Cheese Bun	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Cheese Stick WG Bagel	Cheese Sandwich on Wheat Bread	Yogurt Cup, Cheese Stick WG Mini Pancake Bag
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	2 oz Assorted Breakfast Bread (1 wg item)	Cereal Bowl (1 wg item)	Pop Tart (1 wg item)	Mini Pancake Bag (1 wg item)	Cereal Bowl (1 wg item)
Week V	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)

November 2020 Menu (Subject to Change)					
	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Lunch	Chicken Leg- Groceries: Cooked Chicken Leg Bag Rice	Chicken Leg- Groceries: Cooked Chicken Leg Bag Rice	Chicken Leg- Groceries: Cooked Chicken Leg Bag Rice	Chicken Leg- Groceries: Cooked Chicken Leg Bag Rice	Chicken Leg- Groceries: Cooked Chicken Leg Bag Rice
Veg Lunch Option	Yogurt, Cheese Cubes Stuffed Cream Cheese Bagel	Cheese Cup, Corn Chips String Cheese	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Hard Cooked Eggs WG Mini French Toast
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)
Breakfast	1.5 oz Breakfast Brekkie (1 wg item)	Honey Bun (1 wg item)	Assorted Muffin (1 wg item)	Stuffed Cream Cheese Bagel (1 wg item)	Buttery Maple Waffle (1 wg item)
Week VI	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)
	9	10	11		
Lunch	Chicken Wings-Groceries: Cooked Chicken Wings Bag of Rice	Chicken Wings-Groceries: Cooked Chicken Wings Bag of Rice	Chicken Wings-Groceries: Cooked Chicken Wings Bag of Rice		
Veg Lunch Option	Cheese Bun	Yogurt Cup, Cheese Stick Honey Bun	Wow Butter Cup, Cheese Stick WG Bagel		
All Lunches Receive	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)	Vegetable/s & Fruit/s Milk (OVS)		
Breakfast	Cereal Bowl (1 wg item)	Mini French Toast (1 wg item)	Mini Cinnis (1 wg item)		
Week I	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)	1/2 c Fruit & Milk (Craisins ovs)		