

Name : September 2022 MTS Elementary K-6 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals	
Age Group : K-6 Grades		Meal : Lunch	
		Meal Pattern : NSLP	

Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)	Thursday, September 1, 2022	Friday, September 2, 2022
Lunch	Who said cooking is for eating?		
	<p>"Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?</p> <p>Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.</p> <p style="text-align:center;">- Barb™</p>		
Veg Option	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2		

Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Lunch	"New" Roasted Curry Chicken Drumstick	Cheeseburger	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos	
	Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk	
Veg Option	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	

Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Lunch	"New" Creamy Chicken Pasta	All Beef Hot Dog	Burrito Bowl	Creamy Mac & Cheese	Sweet & Sour Chicken
	Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz, Lettuce & CKC Youza Sauce Corn Ranchero Banana & Choice Milk	Fresh Sliced Cucumbers & Dip Summer Grapes Mixed Berry Animal Crackers Choice Milk	Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
Veg Option	Smothered Garden Patty w/ WG Roll	Grilled Cheese Sandwich	Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce

Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Lunch	"New" BBQ Beef Sandwich	"New" Chicken Tinga Walking Taco	Meatball Sub w/Mozzarella	Brunch Lunch	"New" Beef Fried Rice
	Sunchips CKC Baked Beans Variety Applesauce Choice Milk	Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Tropical Fruit Mix & Choice Milk	Cool Ranch Doritos Crisp Salad & Dressing Banana Choice Milk	Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Celery Sticks Summer Grapes & Choice Milk	Steamed Carrots Crisp Apple Fortune Cookie Choice Milk
Veg Option	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice

Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Lunch	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Cheesy Lasagna Roll	"New" Authentic Chicken Stir Fry
	Ketchup Baby Carrots & Dip Cool Ranch Doritos Variety Applesauce & Choice Milk	Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	Mixed Salad & Dressing Summer Grapes Elf Grahams Choice Milk	Seasoned Rice Seasoned Black Beans Crisp Apple Choice Milk
Veg Option	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce

*** Hot Veg meals are served with vegetables and fruit of the day

* Skim and 1% milk choices offered daily.
 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Homemade Silly Putty - Recipe

Ingredients * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring	Steps : 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.
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October 2022 Menu (Subject to Change)

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Lunch	Queso Meatball Sub WG Bun & Cilantro Nacho Cheese Doritos Cheesy Refried Beans Variety Applesauce & Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	"New" Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Corn Salsa Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Celery Sticks Summer Grapes Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Roll Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Veg Option	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Lunch	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Roll Mashed Potatoes Tropical Fruit Mix Choice Milk	Creamy Mac & Cheese Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	Sesame Chicken Steamed Seasoned Rice Sliced Cucumbers Summer Grapes Lemon Crisps & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
Veg Option	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Quesadilla
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Lunch	Golden Corn Dog w/ Ketchup Cornerrific Salad Variety Applesauce Choice Milk	"New" Roasted Curry Chicken Drumstick Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Veg Option	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos

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