

Name : January 2023 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	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Rolls 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 Fresh Orange Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll & WG Roll	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Quesadilla
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	Golden Corn Dog w/ Ketchup Cornerrific Salad Variety Applesauce Choice Milk	Roasted Curry Chicken Drumstick Bakery Roll 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 Fresh Orange Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	Creamy Mac & Cheese Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & Southwest Slaw Banana Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Honey Grahams, Fresh Orange & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadsticks w/ Sauce	Smothered Garden Patty w/ WG Roll	Cheese Quesadilla	Creamy Mac & Cheese
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	BBQ Beef Sandwich Sunchips CKC Baked Beans Variety Applesauce Choice Milk	Hawaiian Chicken Seasoned Rice, Chopped Cilantro Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Corn Salad Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Celery Sticks Fresh Orange & Choice Milk	Cheese Breadsticks w/ Sauce Baby Carrots w/ Dip Crisp Apple Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	Premium Chicken Nuggets Ketchup Baby Carrots & Dip Cool Ranch Doritos Variety Applesauce & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	<p>Heart and Soul Warming Winter Food</p> <p>Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.</p> <p>Warm up this winter with some Hotdish.</p> <p>--Shawn Mueller</p>		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	'Tater Tot Hotdish' recipe is on Page 2		

*** Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Tater Tot Hotdish Recipe

Ingredients :	Serves 4-6	Steps:
<ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 		<ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Mixed Salad & Dressing Fresh Orange Elf Grahams Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Seasoned Black Beans Crisp Apple Choice Milk		
Hot Veg	Grilled Cheese Sandwich	Pizza Crunchers w/ Italian Dip	Stuffed Breadsticks w/ Sauce		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Corn Salad Variety Applesauce Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Bean Salsa Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Celery Sticks Fresh Orange Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Rolls Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich

* 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.