

<b>Name : January 2023 MTS Secondary Grades 7 &amp; 8 Lunch Menu</b>		<b>Options Provided : Hot, Hot Vegetarian, Cold Meals &amp; Deli Salads</b>			
<b>Age Group : 6-8 Grades</b>		<b>Meal : Lunch</b>		<b>Meal Pattern : NSLP</b>	
<b>Week V</b>	<b>Monday, January 2, 2023</b>	<b>Tuesday, January 3, 2023</b>	<b>Wednesday, January 4, 2023</b>	<b>Thursday, January 5, 2023</b>	<b>Friday, January 6, 2023</b>
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Wg Roll Assorted Salad Bar Tropical Fruit mix Vanilla Wafers & Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Fresh Orange Choice Milk	<b>Pomodoro Meatballs</b> WG Garlic Dinner Rolls Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Veggie Lasagna Roll &amp; WG Roll</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Week VI</b>	<b>Monday, January 9, 2023</b>	<b>Tuesday, January 10, 2023</b>	<b>Wednesday, January 11, 2023</b>	<b>Thursday, January 12, 2023</b>	<b>Friday, January 13, 2023</b>
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Dinner Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Banana Elf Grahams & Choice Milk	<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Chz Sauce, Seasoned Beef w/ Tortilla Chips, Cilantro, Crema & Cholula Assorted Salad Bar Fresh Orange & Choice Milk	<b>Spicy Chicken Fritters w/ Ranch Dip</b> Sweet Chili Doritos Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Week I</b>	<b>Monday, January 16, 2023</b>	<b>Tuesday, January 17, 2023</b>	<b>Wednesday, January 18, 2023</b>	<b>Thursday, January 19, 2023</b>	<b>Friday, January 20, 2023</b>
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>General Tso's Chicken</b> Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Banana Honey Grahams & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Cheese & Youza Sauce Assorted Salad Bar & Fresh Orange Choice Milk	<b>Creamy Mac &amp; Cheese</b> Bakery Roll Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Creamy Mac &amp; Cheese &amp; WG Roll</b>	<b>Grilled Cheese Sandwich</b>	<b>Cheese Quesadilla</b>	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Stuffed Breadstick w/ Sauce</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Week II</b>	<b>Monday, January 23, 2023</b>	<b>Tuesday, January 24, 2023</b>	<b>Wednesday, January 25, 2023</b>	<b>Thursday, January 26, 2023</b>	<b>Friday, January 27, 2023</b>
Hot Meal	<b>Beef Sloppy Joe</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Hawaiian Chicken</b> Seasoned Rice, Fresh Cilantro Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange Choice Milk	<b>Beef Fried Rice</b> Fortune Cookie Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Egg Fried Rice</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
<b>Week III</b>	<b>Monday, January 30, 2023</b>	<b>Tuesday, January 31, 2023</b>	<b>Chef Spotlight - Shawn Mueller, Procurement Manager</b>		
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Heart and Soul Warming Winter Food</b>  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.  Warm up this winter with some Hotdish.  --Shawn Mueller		
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>			
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>'Tater Tot Hotdish' recipe is on Page 2</b>		
<b>Deli Salads</b> <i>(Vegetarian choices come with eggs in the place of chicken)</i>	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

\* 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.

**Tater Tot Hotdish Recipe**

<b>Ingredients:</b> •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	<b>Serves 4-6</b>	<b>Steps:</b> •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.
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**February 2023 Menu (Subject to Change)**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Banana & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Fresh Orange Choice Milk	<b>Authentic Chicken Stir Fry</b> Seasoned Rice Assorted Salad Bar Crisp Apple Choice Milk		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll &amp; Bakery Roll</b>	<b>Stuffed Breadsticks w/ Sauce</b>		
Cold	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Assorted Salad Bar Variety Applesauce Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar Banana & Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Fresh Orange Choice Milk	<b>Dry Rub Roasted Chicken Drumstick</b> Garlic Dinner Rolls Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

\* 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.

**Name : January 2023 MTS Secondary Grades 9-12 Lunch Menu** **Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads**  
**Age Group : 9-12** **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	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Fruit Juice & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Vanilla Wafers Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Bananas Choice Milk	<b>Walking Taco</b> Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box, Animal Crackers & Choice Milk	<b>Pomodoro Meatballs</b> WG Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Veggie Lasagna Roll &amp; WG Rolls</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Hot Meal	<b>Golden Corn Dog w/ Ketchup</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Roasted Curry Chicken Drumstick</b> Dinner Rolls w/ Margarine PC Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Elf Grahams & Choice Milk	<b>Build Your Own Cheesy Nachos</b> Warm Cheddar Chz Sauce, Seasoned Beef w/ Tortilla Chips, Cilantro, Crema & Cholula Assorted Salad Bar, Lemon Bites & Fresh Orange 100% Fruit Juice Box & Choice Milk	<b>Spicy Chicken Fritters w/ Ranch Dip</b> Sweet Chili Doritos Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Garden Cheeseburger</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Bananas Honey Grahams & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Shred Cheese & Youza Sauce Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	<b>Creamy Mac &amp; Cheese</b> Bakery Roll Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Creamy Mac &amp; Cheese &amp; WG Roll</b>	<b>Grilled Cheese Sandwich</b>	<b>Cheese Quesadilla</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Stuffed Breadstick w/ Sauce</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	<b>Beef Sloppy Joe</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Hawaiian Chicken</b> Seasoned Rice, Fresh Cilantro Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	<b>Beef Fried Rice</b> WG Roll Assorted Salad Bar Large Crisp Apple Fortune Cookie & Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese &amp; Bakery Roll</b>	<b>Veggie Lasagna Roll &amp; WG Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Egg Fried Rice</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Heart and Soul Warming Winter Food</b>		
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bean &amp; Cheese Burrito</b>	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.		
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	Warm up this winter with some Hotdish.		
				--Shawn Mueller	
				'Tater Tot Hotdish' recipe is on Page 2	

Deli Salads	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
(Vegetarian choices come with eggs in the place of chicken)	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.

\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
 \*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

\* 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.

**Tater Tot Hotdish Recipe**

<b>Ingredients:</b> •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	<b>Serves 4-6</b>	<b>Steps:</b> •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.
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**February 2023 Menu (Subject to Change)**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Bananas & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	<b>Authentic Chicken Stir Fry</b> Seasoned Rice Assorted Salad Bar Large Crisp Apple Choice Milk		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Veggie Lasagna Roll &amp; Dinner Roll</b>	<b>Stuffed Breadsticks w/ Sauce</b>		
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	<b>Spicy Chicken Patty Sandwich</b> Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	<b>Dry Rub Roasted Chicken Drumstick</b> Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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