

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	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Fruit Juice & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Bananas Choice Milk	Walking Taco 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	Pomodoro Meatballs WG Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Veggie Lasagna Roll & WG Rolls
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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 Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Roasted Curry Chicken Drumstick Dinner Rolls w/ Margarine PC Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Elf Grahams & Choice Milk	Build Your Own Cheesy Nachos 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	Spicy Chicken Fritters w/ Ranch Dip Sweet Chili Doritos Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/ WG Crackers	Garden Cheeseburger	Warm Cheesy Nachos	Cheese Quesadilla
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

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

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

Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Cheesy Lasagna Roll WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Heart and Soul Warming Winter Food		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	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	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	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

Ingredients: •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	Serves 4-6	Steps: •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	Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Bananas & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar Large Crisp Apple Choice Milk		
Hot Veg	Grilled Cheese Sandwich	Veggie Lasagna Roll & Dinner Roll	Stuffed Breadsticks w/ Sauce		
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	Mongolian Meatballs Steamed Rice Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	Dry Rub Roasted Chicken Drumstick Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	Grilled Cheese Sandwich
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.
 * All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

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Age Group : 9-12		Meal : Lunch		Meal Pattern : NSLP	
Week III		Wednesday, February 1, 2023		Thursday, February 2, 2023	
Hot Meal		Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Bananas & Choice Milk		Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	
Hot Veg		Grilled Cheese Sandwich		Veggie Lasagna Roll & Dinner Roll	
Cold		Turkey Bun w/Mayo		Chicken Caesar Wrap & Animal Crackers	
		Friday, February 3, 2023			
		Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar Large Crisp Apple Choice Milk			
				Stuffed Breadsticks w/ Sauce	
				Grilled Chicken & Cheese Bun	
Week IV		Monday, February 6, 2023		Tuesday, February 7, 2023	
Hot Meal		Mongolian Meatballs Steamed Rice Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk		Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	
Hot Veg		Garden Cheeseburger		French Toast Sticks & Syrup	
Cold		Woubutter & Jelly Sandwich		Honey Mustard Chicken Bun	
		Wednesday, February 8, 2023		Thursday, February 9, 2023	
		Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk		Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Choice Milk	
		Warm Cheesy Nachos		Cheese Quesadilla	
		Turkey Bun w/Mayo		Chicken Caesar Wrap	
		Friday, February 10, 2023			
		Dry Rub Roasted Chicken Drumstick Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk			
				Grilled Cheese Sandwich	
				Grilled Chicken & Cheese Bun	
Week V		Monday, February 13, 2023		Tuesday, February 14, 2023	
Hot Meal		Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Fruit Juice & Choice Milk		Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Choice Milk	
Hot Veg		Mozzarella Veggie Burger		Creamy Mac & Cheese	
Cold		Woubutter & Jelly Sandwich		Honey Mustard Chicken Bun	
		Wednesday, February 15, 2023		Thursday, February 16, 2023	
		Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Bananas Choice Milk		Walking Taco 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	
		Cheese Hot Pocket w/ Italian Dip		Cheese Quesadilla	
		Turkey Bun w/Mayo		Chicken Caesar Wrap	
		Friday, February 17, 2023			
		Pomodoro Meatballs WG Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk			
				Veggie Lasagna Roll & WG Rolls	
				Grilled Chicken & Cheese Bun	
Week VI		Monday, February 20, 2023		Tuesday, February 21, 2023	
Hot Meal		Golden Corn Dog w/ Ketchup Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk		Roasted Curry Chicken Drumstick Dinner Rolls w/ Margarine PC Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	
Hot Veg		Pizza Crunchers & Italian Dip		Creamy Mac & Cheese w/ WG Crackers	
Cold		Woubutter & Jelly Sandwich		Honey Mustard Chicken Bun	
		Wednesday, February 22, 2023		Thursday, February 23, 2023	
		Cheeseburger Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Elf Grahams & Choice Milk		Build Your Own Cheesy Nachos 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	
		Garden Cheeseburger		Warm Cheesy Nachos	
		Turkey Bun w/Mayo		Chicken Caesar Wrap	
		Friday, February 24, 2023			
		Spicy Chicken Fritters w/ Ranch Dip Sweet Chili Doritos Assorted Salad Bar Large Crisp Apple Choice Milk			
				Cheese Quesadilla	
				Grilled Chicken & Cheese Bun	
Week I		Monday, February 27, 2023		Tuesday, February 28, 2023	
Hot Meal		All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Juice Box & Choice Milk		General Tso's Chicken Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	
Hot Veg		Creamy Mac & Cheese & WG Roll		Grilled Cheese Sandwich	
Cold		Woubutter & Jelly Sandwich		Honey Mustard Chicken Bun	
		Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst Simple and Luscious Cold Indian Dessert The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan			
		'Chettinad Fruit Kheer' recipe is on Page 2			
Deli Salads (Vegetarian choices come with eggs in the place of chicken)		Grilled Chicken Caesar Salad Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing		Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	
		Grilled Chicken SW Taco Salad 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.		Grilled Chicken Bistro Salad 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.	
		Grilled Chicken Power Green Salad Powerful greens like Kale and Spinach raise the bar on this super green salad, with crains bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.			

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Chettinad Fruit Kheer Recipe

Ingredients: •Raw whole Almonds - 1/2 cup •Raw whole Cashews - 1/2 cup •Shelled Pistachios - 1/2 cup •Sugar - 2 1/2 cups •Chilled condensed Milk - 2 cups •Water - 1 cup •Ice cubes - 20 pieces •Cardamom powder - 1/2 tsp •Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup •Fresh Pomegranate kernels - 1/4 cup	Serves 4 - 5	Steps: •Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste. •Add half a cup of water and ice cubes to the paste and mix thoroughly. •In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature. •Now our sugar syrup is ready. Add this syrup to nuts paste. •Add chopped fruits to it and mix it well. •Add chilled condensed milk and cardamom powder to it. •Sprinkle few finely chopped pistachios on the top and serve chilled.
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March 2023 Menu (Subject to Change)

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Chicken Tinga Walking Taco Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Bananas Honey Grahams & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Cheese & Youza Sauce Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	Creamy Mac & Cheese Bakery Roll Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Cheese Quesadilla	Smothered Garden Patty w/ WG Rolls	Stuffed Breadstick w/ Sauce
Cold	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	Beef Sloppy Joe Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Hawaiian Chicken Seasoned Rice, Fresh Cilantro Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	Beef Fried Rice WG Roll Assorted Salad Bar Large Crisp Apple Fortune Cookie & Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese & Bakeru Roll	Veggie Lasagna Roll & WG Roll	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	Cheesy Lasagna Roll WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun

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