

This institution is an equal opportunity provider

Name : January 2023 MTS PEASE Academy 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 Corn Salad, Carrots & Variety Applesauce 100% Fruit Juice & Choice Milk	Creamy Mac & Cheese WG Roll Carrot Slims & Dip Tropical Fruit Mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	Sesame Chicken Steamed Seasoned Rice Fresh Broccoli, Sliced Cucumbers & Dip Bananas Fortune Cookie & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Chzy Refried Beans & Fresh Orange 100% Fruit Juice Box, Animal Crackers & Choice Milk	
Hot Veg	Mozzarella Veggie Burger	Creamy Mac & Cheese	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	

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 Baby Carrots Variety Applesauce 100% Juice Box & Choice Milk	Roasted Curry Chicken Drumstick WG Rolls w/ Margarine PC Creamy Mashed Potatoes Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Coleslaw, Fresh Carrots Bananas Elf Grahams & Choice Milk	Spicy Chicken Fritters w/ Ranch Dip Sweet Chili Doritos Seasoned Black Beans & Fresh Broccoli Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese w/ WG Crackers	Garden Cheeseburger	Cheese Quesadilla	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	

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 Baked Beans, Carrot Slims Variety Applesauce, 100% Juice Box & Choice Milk	General Tso's Chicken WG Roll & Seasoned Brown Rice Baby Carrots & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Chicken Tinga Walking Taco Frito Corn Chips, Seasoned Chicken Fresh Cilantro, Crema, Corn Salsa Bananas Honey Grahams & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & Southwest Slaw Salad Greens, Fresh Orange Animal Crackers, 100% Fruit Juice Box & Choice Milk	
Hot Veg	Grilled Cheese Sandwich	Stuffed Breadstick w/ Sauce	Smothered Veg Patty & WG Rolls	Cheese Quesadilla	
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Animal Crackers	

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 Hot Cheetos CKC Baked Beans & Carrot Slims Variety Applesauce 100% Juice Box & Choice Milk	Hawaiian Chicken Seasoned Rice, Fresh Cilantro Fresh Broccoli & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Corn Salad Bananas Choice Milk	Beef Fried Rice WG Roll Steamed Carrots Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese w/ Fresh Bakery Roll	Veggie Lasagna Roll & WG Roll	Egg Fried Rice	
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Animal Crackers	

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 CKC Baked Beans Variety Applesauce 100% Juice Box & Choice Milk	Cheesy Lasagna Roll WG Garlic Dinner Rolls Grape Tomatoes & Dip Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Heart and Soul Warming Winter Food 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	Cheese Hot Pocket w/ Italian Dip	Veggie Lasagna Roll			
Cold	Turkey & Cheddar Chz Wrap w/ Mayo	Honey Mustard Chicken Bun	*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
(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.

*** 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 Cornnerrifical Salad & Carrots Bananas & Choice Milk		Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli, Celery & Ranch Fresh Orange & 100% Fruit Juice Box Choice Milk		
Hot Veg	Grilled Cheese Sandwich		Bean & Cheese Burrito		
Cold	Turkey Bun w/Mayo		Chicken Caesar Wrap & Animal Crackers		
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 100% Juice Box & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Baby Carrots w/ Ranch Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce, Bean Salsa & Carrots Bananas Cinnamon Goldfish & Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas Mixed Greens Salad & Fresh Orange 100% Fruit Juice Box & Choice Milk	
Hot Veg	Garden Cheeseburger & Elf Grahams	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	

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