

Name : March 2023 MTS Secondary Grades 7 & 8 Lunch Menu		Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads			
Age Group : 6-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Chicken Tinga Walking Taco Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Banana Granola Bites & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Cheese & Youza Sauce Assorted Salad Bar & Fresh Orange Choice Milk	Glazed Chicken Wings Bakery Rolls Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg			Cheese Quesadilla	Smothered Garden Patty w/ WG Roll
Cold	'Homemade Marshmallows' recipe is on Page 2		Turkey Bun w/Mayo	Chicken Caesar Wrap	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 Cinnamon Apple Slices Choice Milk	Golden Corn Dog w/ Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Meatball Sub w/Mozzarella Veggie Crisps Assorted Salad Bar Banana Choice Milk	Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange Choice Milk	Beef Fried Rice Fortune Cookie Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice & Cinnamon Grahams
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Cinnamon Grahams	Grilled Chicken & Cheese Bun
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Beef Pretzel Dog Strawberry Bites Assorted Salad Bar Chilled Pears Choice Milk	Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange Fortune Cookie & Choice Milk	Chicken Enchilada Nacho Bowl Corn Chips, Shred Cheese Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Mozzarella Pinwheel	Grilled Cheese Sandwich	Veggie Quesadilla
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Chilled Pears Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar Banana & Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Fresh Orange Choice Milk	Dry Rub Roasted Chicken Drumstick Garlic Dinner Rolls Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	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 V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Chilled Pears Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Banana Fortune Cookie & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Fresh Orange Choice Milk	Pomodoro Meatballs WG Garlic Dinner Rolls Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Mozzarella Veggie Burger	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice	Cheese Quesadilla
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
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 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.

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	Brunch Lunch Buttermilk Pancakes Berry Burst Syrup & Whip Cream	Roasted Curry Chicken Drumstick Dinner Roll	Cheeseburger Fresh Bakery Bun & Ketchup	Build Your Own Cheesy Nachos Seasoned Beef, Warm Chedd Chz Sauce	Spicy Chicken Fritters w/ Ranch Din Sweet Chili Doritos
Hot Meal	Scrambled Eggs w/ Cheese Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Assorted Salad Bar Chilled Pears Choice Milk	Assorted Salad Bar Banana Wheat Crackers & Choice Milk	Corn Chips, Cilantro, Crema & Cholula Assorted Salad Bar Fresh Orange & Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Warm Cheesy Nachos	Cheese Quesadilla
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	All Beef Hot Dog WG Bun, Ketchup & Mustard	General Tso's Chicken Steamed Seasoned Brown Rice	Chicken Tinga Walking Taco Seasoned Chicken, Cilantro & Crema	Burrito Bowl Brown Rice topped w/Seasoned Beef	Glazed Chicken Wings Bakery Rolls
Hot Meal	Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Assorted Salad Bar Chilled Pears Fortune Cookie, Choice Milk	Frito Corn Chips & Assorted Salad Bar Banana Granola Bites & Choice Milk	Cheese & Youza Sauce Assorted Salad Bar & Fresh Orange Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Grilled Cheese Sandwich	Creamy Mac & Cheese & WG Roll	Cheese Quesadilla	Smothered Garden Patty w/ WG Roll	Stuffed Breadstick w/ Sauce
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.

Name : March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie.		Chicken Tinga Walking Taco Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Bananas Granola Bites & 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	Glazed Chicken Wings Bakery Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	- Shannon		Cheese Quesadilla	Smothered Garden Patty w/ WG Rolls
Cold	'Homemade Marshmallows' recipe is on Page 2		Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Stuffed Breadstick w/ Sauce 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 Cinnamon Apple Slices 100% Juice Box & Choice Milk	Golden Corn Dog w/ Ketchup Assorted Salad Bar Chilled Pears 100% Fruit Juice Box Choice Milk	Meatball Sub w/Mozzarella Veggie Crisps Assorted Salad Bar Bananas Choice Milk	Brunch Lunch Triple Buttermilk Pancakes Whip Cream & Berry Burst 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	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice & Cinnamon Grahams
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Cinnamon Grahams	Cheese Quesadilla Grilled Chicken & Cheese Bun

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Cinnamon Apple Slices 100% Juice Box & Choice Milk	Beef Pretzel Dog Strawberry Bites Assorted Salad Bar Chilled Pears 100% Fruit Juice Box & Choice Milk	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 Fortune Cookie & Choice Milk	Chicken Enchilada Nacho Bowl Corn Chips, Shred Cheese Assorted Salad Bar Large Crisp Apple Cinnamon Grahams & Choice Milk
	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Mozzarella Pinwheel	Grilled Cheese Sandwich	Veggie Quesadilla
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Stuffed Breadsticks w/ Sauce Grilled Chicken & Cheese Bun

Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices 100% Juice Box & Choice Milk	Brunch Lunch French Toast Sticks & Syrup Assorted Salad Bar Chilled Pears 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
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Cheese Sandwich Grilled Chicken & Cheese Bun

Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Cinnamon Apple Slices 100% Fruit Juice & Choice Milk	Creamy Mac & Cheese Vanilla Wafers Assorted Salad Bar Chilled Pears & 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, Berry Crackers & Choice Milk	Pomodoro Meatballs WG Garlic Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
	Hot Veg	Mozzarella Veggie Burger	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & WG Roll	Cheese Quesadilla
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Veggie Nuggets w/ Ketchup & Dinner Rolls Grilled Chicken & Cheese Bun

Deli Salads (Vegetarian choices come with eggs in the place of chicken)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Grilled Chicken Bistro Salad	Grilled Chicken Power Green Salad
	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 crains 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.

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Hot Meal	Brunch Lunch Buttermilk Pancakes Berry Burst Syrup & Whip Cream Scrambled Eggs w/ Cheese Assorted Salad Bar Cinnamon Apple Slices, 100% Juice Box & Choice Milk	Roasted Curry Chicken Drumstick Dinner Rolls w/ Margarine PC Assorted Salad Bar Chilled Pears 100% Fruit Juice Box & Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Wheat Crackers & Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Chz Sauce, Seasoned Beef w/ Tortilla Chips, Cilantro, Crema & Cholula Assorted Salad Bar, Animal Crackers & Fresh Orange 100% Fruit Juice Box & Choice Milk	Spicy Chicken Fritters w/Ranch Din 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	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Hot Meal	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Cinnamon Apple Slices 100% Juice Box & Choice Milk	General Tso's Chicken Seasoned Brown Rice Assorted Salad Bar Chilled Pears Fortune Cookie, 100% Fruit Juice Box & Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Cilantro & Crema Frito Corn Chips & Assorted Salad Bar Bananas Granola Bites & 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	Glazed Chicken Wings Bakery Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Grilled Cheese Sandwich	Creamy Mac & Cheese & WG Roll	Cheese Quesadilla	Smothered Garden Patty w/ WG Rolls	Stuffed Breadstick w/ Sauce
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	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.