

This institution is an equal opportunity provider

Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	<b>Mongolian Meatballs</b>	<b>Breaded Chicken Patty Sandwich</b>	<b>Greek Nachos ****(Student Favorite)****</b>	<b>Brunch Lunch</b>	<b>Dry Rub Roasted Chicken Drumstick</b>
	Steamed Rice	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ Syrup	Dinner Roll
	Crisp Broccoli & Dip	Baby Carrots & Dip	Tatziki Sauce	Sliced Cucumbers & Dressing	Creamy Mashed Potatoes
	Cinnamon Apple Slices	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Animal Crackers & Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Grilled Cheese Sandwich</b>
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	<b>Mozzarella Burger</b>	<b>Pomodoro Meatballs</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Sesame Chicken</b>	<b>Walking Taco</b>
	WG Bakery Bun & Ketchup	WG Dinner Roll	Steamed Green Beans	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef
	Cool Ranch Doritos	Mashed Potatoes	Banana	Garden Greens Salad & Dressing	w/ Shred Chz, Lettuce, Cilantro
	Baby Carrots	Chilled Pears	Fresh Bakery Roll	Fresh Orange	Cheesy Refried Beans
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Crisp Apple & Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Egg Fried Rice &amp; WG Roll</b>	<b>Cheese Quesadilla</b>
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	<b>Brunch Lunch</b>	<b>BBQ Chicken Drumstick</b>	<b>Classic Hamburger</b>	<b>Chicken Fritters w/ Ranch Dip</b>	<b>Build Your Own Cheesy Nachos</b>
	Buttermilk Pancakes	Fresh Bakery Roll	Fresh Bakery Bun & Ketchup	Warm Seasoned Black Beans	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips
	Homemade Berry Burst Syrup	Creamy Mashed Potatoes	Baby Carrots	Fresh Orange	Mixed Salad w/Dressing
	Scrambled Eggs w/ Cheese	Chilled Pears	Banana	Choice Milk	Crisp Apple
	Fresh Broccoli, Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Cinnamon Grahams	Honey Grahams & Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Veggie Burger</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	<b>Creamy Mac &amp; Cheese</b>	<b>All Beef Hot Dog</b>	<b>Crunchy Chicken Tender Wrap</b>	<b>Meatballs w/Mozzarella</b>	<b>Sweet &amp; Sour Chicken</b>
	Cinnamon Grahams	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	WG Bakery Roll	Steamed Seasoned Brown Rice
	Steamed Mixed Veggies	Cheez-Its	Shred Cheese, Boom Sauce & Lettuce	Baby Carrots & Dip	Crisp Fresh Broccoli
	Cinnamon Apple Slices	CKC Baked Beans	Steamed Seasoned Corn	Fresh Orange	Crisp Apple
	Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk
Hot Veg	<b>Stuffed Breadsticks w/ Sauce</b>	<b>Grilled Cheese Sandwich</b>	<b>Cheese Quesadilla</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Creamy Mac &amp; Cheese</b>
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	<b>BBQ Beef Sandwich</b>	<b>Golden Corn Dog w/ Ketchup</b>	<b>Burrito Bowl</b>	<b>Sweet and Tangy Pickled Onions</b>	
	Sunchips	Crinkle Fries & Ketchup	Brown Rice topped w/Seasoned Beef	One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her.	
	CKC Baked Beans	Chilled Pears	Shred Chz, Youza Sauce, Lettuce	-Steve	
	Cinnamon Apple Slices	Choice Milk	Romaine Salad & Dressing		
	Choice Milk		Banana & Choice Milk		
Hot Veg	<b>BBQ Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	'Pickled Red Onions' recipe is on Page 2	

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

<b>Pickled Red Onions</b>		
<b>Ingredients:</b>	<b>Steps</b>	<b>Serves 4-5</b>
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1–2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while – at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

**June 2023 Menu (Subject to Change)**

<b>Week II</b>		<b>Thursday, June 1, 2023</b>	<b>Friday, June 2, 2023</b>
	<b>Benefits of Pickled Red Onions</b>	<b>Brunch Lunch</b>	<b>BBQ Chicken &amp; Cheddar Chz Wrap</b>
Hot Meal	Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.	Double Buttermilk Pancakes Homemade Berry Burst Syrup Fruity Yogurt Cup & Baby Carrots Fresh Orange & Choice Milk	WG Tortilla , BBQ Chicken Shred Cheddar Chz & Boomba Coleslaw Sliced Cucumbers & Dip Crisp Apple & Choice Milk
Hot Veg		<b>Egg Fried Rice &amp; Cinnamon Grahams</b>	<b>Cheese Quesadilla</b>

<b>Week III</b>	<b>Monday, June 5, 2023</b>	<b>Tuesday, June 6, 2023</b>	<b>Wednesday, June 7, 2023</b>	<b>Thursday, June 8, 2023</b>	<b>Friday, June 9, 2023</b>
	<b>Premium Chicken Nuggets</b>	<b>Mandarin Orange Chicken</b>	<b>Good Ole Fashioned Hamburger</b>	<b>Beef Pretzel Dog w/ Ketchup</b>	<b>Chicken Enchilada Crunch</b>
Hot Meal	Ketchup Baby Carrots & Dip Cheddar Cheese Crackers Cinnamon Apple Slices & Choice Milk	Steamed Brown Rice Fresh Broccoli & Ranch Chilled Pears Fortune Cookie & Choice Milk	WG Bun & Ketchup Steamed Seasoned Corn Mixed Berry Crackers Banana & Choice Milk	Mixed Salad & Dressing Fresh Orange Choice Milk	Corn Chips, Shred Cheese Seasoned Black Beans Crisp Apple Choice Milk
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>	<b>Mozzarella Pinwheel</b>	<b>Stuffed Breadsticks w/ Sauce</b>

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