

Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Spicy Chicken Patty Sandwich	Dry Rub Roasted Chicken Drumstick
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup & Mayo	Garlic Dinner Rolls
	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Flamas & Assorted Salad Bar	Assorted Salad Bar
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar	Fresh Orange	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	Grilled Cheese Sandwich
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Pomodoro Meatballs
	WG Bakery Bun & Ketchup	Fresh Bakery Roll	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce	WG Garlic Dinner Rolls
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Banana	Choice Milk	Crisp Apple
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk		Choice Milk
Hot Veg	Mozzarella Veggie Burger	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice	Cheese Quesadilla	Veggie Nuggets w/ Ketchup & Dinner Rolls
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	Brunch Lunch Buttermilk Pancakes	BBQ Chicken Drumstick	Cheeseburger	Build Your Own Cheesy Nachos	Spicy Chicken Fritters w/ Ranch Dip
	Berry Burst Syrup & Whip Cream	Dinner Roll	Fresh Bakery Bun & Ketchup	Seasoned Beef, Warm Chedd Chz Sauce	Sweet Chili Doritos
	Scrambled Eggs w/ Cheese	Assorted Salad Bar	Assorted Salad Bar	Corn Chips, Cilantro, Crema	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Banana	Assorted Salad Bar	Crisp Apple
	Cinnamon Apple Slices & Choice Milk	Choice Milk	Wheat Crackers & Choice Milk	Fresh Orange & Choice Milk	Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	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, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	All Beef Hot Dog	General Tso's Chicken	Meatball Sub w/Mozzarella	Crunchy Chicken Tender Wrap	Glazed Chicken Wings
	WG Bun, Ketchup & Mustard	Steamed Seasoned Brown Rice	Assorted Salad Bar	WG Tortilla, Chicken Tenders	Bakery Rolls
	Cool Ranch Doritos	Assorted Salad Bar	Banana	Shred Cheese, Boom Sauce	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Choice Milk	Assorted Salad Bar & Fresh Orange	Crisp Apple
	Cinnamon Apple Slices & Choice Milk	Fortune Cookie, Choice Milk		Choice Milk	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	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	Beef Sloppy Joe	Golden Corn Dog w/ Ketchup	Burrito Bowl	<p>šwęęł and Tangy Pickled Onions</p> <p>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.</p> <p>-Steve</p>	
	Hot Cheetos	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef		
	Assorted Salad Bar	Chilled Pears	Shred Cheese, Youza Sauce		
	Cinnamon Apple Slices	Choice Milk	Assorted Salad Bar		
	Choice Milk		Banana & Choice Milk		
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs		
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	'Pickled Red Onions' recipe is on Page 2	
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	"New" Classic Chef Salad	"New" Quinoa Power Bowl Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

*** 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.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
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)

Week II	Benefits of Pickled Red Onions		Thursday, June 1, 2023	Friday, June 2, 2023
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.		Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange Choice Milk	BBQ Chicken & Cheddar Chz Wrap WG Tortilla , BBQ Chicken Shred Cheddar Chz & Boomba Coleslaw Assorted Salad Bar Crisp Apple & Choice Milk
Hot Veg			Egg Fried Rice & Cinnamon Grahams	Cheese Quesadilla
Cold			Chicken Caesar Wrap & Cinnamon Grahams	Grilled Chicken & Cheese Bun

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
Hot Meal	Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Beef Pretzel Dog w/ Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Good Ole Fashioned Hamburger WG Bun & Ketchup Mixed Berry Crackers Assorted Salad Bar Banana & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange Fortune Cookie & Choice Milk	Chicken Enchilada Crunch 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	Stuffed Breadsticks 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 : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Spicy Chicken Patty Sandwich	Dry Rub Roasted Chicken Drumstick
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup & Mayo	Garlic Dinner Rolls
	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Flamas & Assorted Salad Bar	Assorted Salad Bar
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar & Bananas	Fresh Orange & 100% Fruit Juice Box	Large Crisp Apple
	100% Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Granola Bites & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Garden Cheeseburger	French Toast Sticks & Syrup	Warm Cheesy Nachos	Cheese Quesadilla	Grilled Cheese Sandwich
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Pomodoro Meatballs
	WG Bakery Bun & Ketchup	WG Roll	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce	WG Garlic Dinner Rolls
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Assorted Salad Bar
	Assorted Salad Bar & Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	100% Fruit Juice Box, Berry Crackers & Choice Milk	Large Crisp Apple
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk		Choice Milk
Hot Veg	Mozzarella Veggie Burger	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & WG Roll	Cheese Quesadilla	Veggie Nuggets w/ Ketchup & Dinner Rolls
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	Brunch Lunch Buttermilk Pancakes	BBQ Chicken Drumstick	Cheeseburger	Build Your Own Cheesy Nachos	Spicy Chicken Fritters w/Ranch Dip
	Berry Burst Syrup & Whip Cream	Dinner Rolls w/ Margarine PC	Fresh Bakery Bun & Ketchup	Warm Cheddar Chz Sauce, Seasoned Beef	Sweet Chili Doritos
	Scrambled Eggs w/ Cheese	Assorted Salad Bar	Assorted Salad Bar	Tortilla Chips, Cilantro, Crema & Cholula	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Bananas	Assorted Salad Bar	Large Crisp Apple
	Cinnamon Apple Slices, 100% Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Wheat Crackers & Choice Milk	Animal Crackers, Fresh Orange, 100% Fruit Juice Box & Choice Milk	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, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	All Beef Hot Dog	General Tso's Chicken	Meatball Sub w/Mozzarella	Crunchy Chicken Tender Wrap	Glazed Chicken Wings
	WG Bun, Ketchup & Mustard	Seasoned Brown Rice	Vanilla Wafers	WG Tortilla, Chicken Tenders	Bakery Rolls
	Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Shred Cheese, Boom Sauce	Assorted Salad Bar
	Assorted Salad Bar & Cinnamon Apple Slices	Chilled Pears	Bananas	Assorted Salad Bar & Fresh Orange	Large Crisp Apple
	100% Juice Box & Choice Milk	Fortune Cookie, 100% Fruit Juice Box & Choice Milk	Choice Milk	100% Fruit Juice Box & Choice Milk	Choice Milk
Hot Veg	Grilled Cheese Sandwich	Creamy Mac & Cheese & WG Roll	Smothered Garden Patty w/ WG Rolls	Cheese Quesadilla	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, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	Beef Sloppy Joe	Golden Corn Dog w/ Ketchup	Burrito Bowl	<p>Swagt and Tangy Pickled Onions</p> <p>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.</p> <p>-Steve</p> <p>'Pickled Red Onions' recipe is on Page 2</p>	
	Hot Cheetos	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef		
	Assorted Salad Bar	Chilled Pears	Shred Cheese, Youza Sauce		
	Cinnamon Apple Slices	100% Fruit Juice Box	Assorted Salad Bar		
	100% Juice Box & Choice Milk	Choice Milk	Bananas & Choice Milk		
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/Scrambled Eggs		
Cold	Woubutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo		
Deli Salads (Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	"New" Classic Chef Salad	"New" Quinoa Power Bowl Salad
	Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing, adding dinner rolls for grains	Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	We just time-travelled and brought back this timeless gem. It's simple. It's classic. It's vintage. This Egg, Turkey, Tomatoes and Salad combo is sure to appeal eyes and taste buds. WG rolls fill the grain part.	Not just vintage, we cover current trends too. This salad has "New-age Superfood" Quinoa as its base. Not stopping there, it becomes more powerful with Beans, Corn, Egg and Spinach.

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*** Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

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* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
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)

Week II	Benefits of Pickled Red Onions		Thursday, June 1, 2023	Friday, June 2, 2023
Hot Meal	<p align="center">Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke.</p> <p align="center">This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.</p>		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	BBQ Chicken & Cheddar Chz Wrap WG Tortilla , BBQ Chicken Shred Cheddar Chz, Diced Red Onions & Boomba Coleslaw Assorted Salad Bar Strawberry Bites, Large Crisp Apple & Choice Milk
Hot Veg			Egg Fried Rice & Cinnamon Grahams	Cheese Quesadilla
Cold			Chicken Caesar Wrap & Cinnamon Grahams	Grilled Chicken & Cheese Bun

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 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 w/ Ketchup Assorted Salad Bar Chilled Pears 100% Fruit Juice Box Mixed Berry Crackers & Choice Milk	Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Flamas 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 Crunch 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	Stuffed Breadsticks w/ Sauce
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	Grilled Chicken & Cheese Bun

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