

Name : June 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 II	Chef Spotlight - Katie Fairbanks - Integrator/ COO Italian Caprese Salad Growing up, I was a fan of almost any vegetable/fruit you could think of, except for tomatoes. I didn't seem to mind them when they were cooked, but cold, raw tomatoes were a completely different story. After years of avoiding them, I decided to give them another chance in the form of a caprese salad. Either my tastebuds had changed over the years, or the combination of cheese, basil, garlic, and balsamic masked the tomatoes perfectly. In any case, I was hooked. I make this dish regularly and it has become a family favorite even with my 10 month old daughter! -Katie	Thursday, June 1, 2023 Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Fresh Orange Choice Milk	Friday, June 2, 2023 BBQ Chicken & Cheddar Chz Wrap WG Tortilla , BBQ Chicken Shred Cheddar Chz & Boomba Coleslaw Assorted Salad Bar Crisp Apple & Choice Milk
Hot Meal			
Hot Veg		Egg Fried Rice & Cinnamon Grahams	Cheese Quesadilla
Cold	'Caprese Salad' recipe is on Page 2	Chicken Caesar Wrap & Cinnamon Grahams	Grilled Chicken & Cheese Bun

Week III	Monday, June 5, 2023 Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Fresh Melon Cubes Choice Milk	Tuesday, June 6, 2023 Beef Pretzel Dog w/ Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Wednesday, June 7, 2023 Good Ole Fashioned Hamburger WG Bun & Ketchup Lemon Crisps Assorted Salad Bar Banana & Choice Milk	Thursday, June 8, 2023 Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange Fortune Cookie & Choice Milk	Friday, June 9, 2023
Hot Meal					
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	

Week IV	Monday, June 12, 2023	Tuesday, June 13, 2023	Wednesday, June 14, 2023	Thursday, June 15, 2023	Friday, June 16, 2023
Hot Meal	<i>Have a wonderful Summer!</i>				
Hot Veg					
Cold					

Week V	Monday, June 19, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	Friday, June 23, 2023
Hot Meal					
Hot Veg					
Cold					

Week VI	Monday, June 26, 2023	Tuesday, June 27, 2023	Wednesday, June 28, 2023	Thursday, June 29, 2023	Friday, June 30, 2023
Hot Meal					
Hot Veg					
Cold					

Deli Salads <small>(Vegetarian choices come with eggs & cheese in the place of meat)</small>	Grilled Chicken Caesar 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	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	Classic Chef Salad 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.	Quinoa Power Bowl Salad 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.

CAPRESE SALAD	
Ingredients:	Steps
<ul style="list-style-type: none"> •1 ½ cups grape tomatoes, quartered. •¾ cup fresh mozzarella pearls, quartered •2 tablespoons thinly sliced fresh basil. •2 cloves garlic, minced. •2 tablespoons balsamic vinaigrette •Salt 	<p style="text-align: right;">Serves 4-5</p> <ol style="list-style-type: none"> 1. Quarter tomatoes and place into a small mixing bowl (avoid excess moisture by removing the watery center of the tomato). 2. Quarter the mozzarella pearls and add to the tomatoes. 3. Chiffonade basil by stacking the leaves from big to small, roll, and slice thinly. Add the basil to the tomato and mozzarella mixture. 4. Mince garlic and add to the mixing bowl. 5. Drizzle the mixture with balsamic vinaigrette. 6. Gently mix until thoroughly combined. 7. Season with salt to taste. 8. Chill for 1 hour. 9. Stir before serving and enjoy! <p>Serve with toasted bread, crackers, or eat a spoonful!</p>

July 2023 Menu (Subject to Change)

Week I	Monday, July 3, 2023	Tuesday, July 4, 2023	Wednesday, July 5, 2023	Thursday, July 6, 2023	Friday, July 7, 2023
Hot Meal					
Hot Veg					
Cold					

Week II	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023	
Hot Meal				<p><i>Few Main Dishes to serve with a Caprese Salad</i></p> <ul style="list-style-type: none"> 1. Spaghetti Bolognese 2. Pasta Alla Norma 3. Layered Potato Casserole with Sausage 4. Honey Chicken with Balsamic Sauce 5. Caprese Panini Sandwich
Hot Veg				
Cold				

* 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 : June 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 II	Chef Spotlight - Katie Fairbanks - Integrator/ COO Italian Caprese Salad Growing up, I was a fan of almost any vegetable/fruit you could think of, except for tomatoes. I didn't seem to mind them when they were cooked, but cold, raw tomatoes were a completely different story. After years of avoiding them, I decided to give them another chance in the form of a caprese salad. Either my tastebuds had changed over the years, or the combination of cheese, basil, garlic, and balsamic masked the tomatoes perfectly. In any case, I was hooked. I make this dish regularly and it has become a family favorite even with my 10 month old daughter! -Katie	Thursday, June 1, 2023 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	Friday, June 2, 2023 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 Meal			
Hot Veg		Egg Fried Rice & Cinnamon Grahams	Cheese Quesadilla
Cold	'Caprese Salad' recipe is on Page 2	Chicken Caesar Wrap & Cinnamon Grahams	Grilled Chicken & Cheese Bun

Week III	Monday, June 5, 2023 Spicy Chicken Nuggets w/ Ketchup Sweet Chili Doritos Assorted Salad Bar Fresh Melon Cubes 100% Juice Box & Choice Milk	Tuesday, June 6, 2023 Beef Pretzel Dog w/ Ketchup Assorted Salad Bar Chilled Pears 100% Fruit Juice Box Lemon Crisps & Choice Milk	Wednesday, June 7, 2023 Good Ole Fashioned Hamburger w/Lettuce, Ketchup & Mustard Flamas Assorted Salad Bar Bananas & Choice Milk	Thursday, June 8, 2023 Mandarin Orange Chicken Steamed Brown Rice Assorted Salad Bar Fresh Orange & 100% Fruit Juice Box Fortune Cookie & Choice Milk	Friday, June 9, 2023
Hot Meal					
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Mozzarella Pinwheel	Grilled Cheese Sandwich	Veggie Quesadilla	
Cold	Wowbutter & Jelly Sandwich	Honey Mustard Chicken Bun	Turkey Bun w/Mayo	Chicken Caesar Wrap & Animal Crackers	

Week IV	Monday, June 12, 2023	Tuesday, June 13, 2023	Wednesday, June 14, 2023	Thursday, June 15, 2023	Friday, June 16, 2023
Hot Meal	<i>Have a wonderful Summer!</i>				
Hot Veg					
Cold					

Week V	Monday, June 19, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	Friday, June 23, 2023
Hot Meal					
Hot Veg					
Cold					

Week VI	Monday, June 26, 2023	Tuesday, June 27, 2023	Wednesday, June 28, 2023	Thursday, June 29, 2023	Friday, June 30, 2023
Hot Meal					
Hot Veg					
Cold					

Deli Salads <small>(Vegetarian choices come with eggs & cheese in the place of meat)</small>	Grilled Chicken Caesar 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	Grilled Chicken Asian Salad Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Rolls 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.	Classic Chef Salad 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.	Quinoa Power Bowl Salad 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)

CAPRESE SALAD	
Ingredients:	Steps
<ul style="list-style-type: none"> •1 ½ cups grape tomatoes, quartered. •¾ cup fresh mozzarella pearls, quartered •2 tablespoons thinly sliced fresh basil. •2 cloves garlic, minced. •2 tablespoons balsamic vinaigrette •Salt 	<p style="text-align: right;">Serves 4-5</p> <ol style="list-style-type: none"> 1. Quarter tomatoes and place into a small mixing bowl (avoid excess moisture by removing the watery center of the tomato). 2. Quarter the mozzarella pearls and add to the tomatoes. 3. Chiffonade basil by stacking the leaves from big to small, roll, and slice thinly. Add the basil to the tomato and mozzarella mixture. 4. Mince garlic and add to the mixing bowl. 5. Drizzle the mixture with balsamic vinaigrette. 6. Gently mix until thoroughly combined. 7. Season with salt to taste. 8. Chill for 1 hour. 9. Stir before serving and enjoy! <p>Serve with toasted bread, crackers, or eat a spoonful!</p>

July 2023 Menu (Subject to Change)

Week I	Monday, July 3, 2023	Tuesday, July 4, 2023	Wednesday, July 5, 2023	Thursday, July 6, 2023	Friday, July 7, 2023
Hot Meal					
Hot Veg					
Cold					

Week II	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023	
Hot Meal				<p><i>Few Main Dishes to serve with a Caprese Salad</i></p> <ul style="list-style-type: none"> 1. Spaghetti Bolognese 2. Pasta Alla Norma 3. Layered Potato Casserole with Sausage 4. Honey Chicken with Balsamic Sauce 5. Caprese Panini Sandwich
Hot Veg				
Cold				

* 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.