

Menu Name : K-12 A Bagged Breakfast w Cereal Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

January - 2024

Breakfast	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	Week III
	Big Bowl Trix Cereal (2 Items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	* Student Favorite* Low Sugar WG Honey Bun (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	Chef's Choice may be offered					

Breakfast	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024	Week IV
	Assorted Big Bowl Cereal (2 Items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	Chef's Choice may be offered					

Breakfast	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	Week V
	Assorted Big Bowl Cereal (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	Chef's Choice may be offered					

Breakfast	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	Week VI
	Assorted Big Bowl Cereal (2 items)	Whole Grain Chocolate Chip Muffin (2 items)	Strawberry Hand Pie (2 items)	Sliced Plain Bagel & Cream Cheese (2 items)	* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
	Chef's Choice may be offered					

Breakfast	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !	Week 1
	Assorted Big Bowl Cereal (2 items)	"New" Confetti Snackbread (2 Items)	WG Banana Chocolate Chip Oatmeal Breakfast Round (2 items)		
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)		
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)		
	Chef's Choice may be offered				

*** Three items meet USDA Requirements (One item must be fruit)

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



February 2024 Menu (Subject to Change)					
Breakfast				Thursday, February 1, 2024	Friday, February 2, 2024
				Favorite Mini Cinnis (2 items)	Low Sugar Whole Grain Cake Donut (2 items)
				100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
				Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
				Chef's Choice may be offered	
Breakfast	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
	Assorted Big Bowl Cereal (2 items)	Orange Dream Muffin (2 items)	Sliced Raisin Bagel & Cream Cheese (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
	Chef's Choice may be offered				

Menu Name : MTS Elementary Grades K-6 Lunch Menu			Options Provided : Hot, Hot Vegetarian & Cold Meals		
Grade Level / Age Group : K-8 Grades			Meal Pattern : NSLP		Meal: Lunch
January - 2024					
Hot Meal	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024
	Chicken Tenders & Ketchup	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Garlic Dusted French Bread Pizza
	Cracker Crisps	Wg Bun, Ketchup	WG Bakery Roll	Seasoned Beef, Corn Tortilla Chips	Italian Dip
	Steamed Corn	Baby Carrots & Dip	Sliced Cucumbers & Dip	Tatziki Sauce	Garden Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears	Banana	Banzo Salad	Crisp Varietal Apple
	Choice Milk	Choice Milk	Grahmas & Choice Milk	Fresh Orange & Choice Milk	Choice Milk
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Cheesy Pull Aparts
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024
	Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Brunch Lunch
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
	Steamed Corn	Carrot Slims	CKC Baked Beans	Coleslaw - Dare you to try in your Tinga wrap :)	Mixed Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears	Carrot Slims & Banana	Fresh Orange	Crisp Varietal Apple
	Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Yogurt Cup	Stuffed Breadsticks w/ Dip	Grilled Cheese Sandwich
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024
	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	Cheese Stuffed Hot Pocket
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Warm Red Sauce
	Shred Lettuce & Steamed Corn	Baby Carrots	w/ Shred Chz	Broccoli Florets & Dip	Sliced Cucumbers & Dip
	Cinnamon Apple Slices	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Crisp Varietal Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024
	Premium Chicken Nuggets w/ Ketchup	Hot Italian Sub	Fritos Enchilada Nachos	Butter Chicken	Brunch Lunch
	WG Bakery Roll	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos Corn chips with delicious Chicken Enchilada	Steamed Seasoned Rice	Buttermilk Pancakes & Syrup
	CKC Baked Beans	Celery sticks & Dip	Shred Cheese, Lettuce & Boom Sauce	Garden Greens Salad & Dressing	Fruited Yogurt Cup
	Cinnamon Apple Slices	Chilled Pears	Steamed Street Corn	Fresh Orange	Carrot Slims & Dip
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Crisp Varietal Apple & Choice Milk
Hot Veg	Grilled Cheese Sandwich	Cheese Quesadilla	Veggie Garden Burger & Mayo	Veggie Bean Burrito	French Bread Pizza
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !	
	All Beef Hot Dog	CKC Sticky Drumstick	Sicilian Cheese Calzone		
	WG Hot Dog Bun, Ketchup	Wheat Thins	Celery Sticks		
	CKC Baked Beans	Baby Carrots & Dip	Banana	What's Cooking in CKC? - Chicken Tinga Wrap	
	Cinnamon Apple Slices	Chilled Pears	Choice Milk	Smoky, Juicy Chicken Tinga served on a wrap, with a side of Garlic Coleslaw. We dare you to try the Tinga wrap with the Coleslaw.	
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone		
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo		
	*** Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.				

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

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All rice dishes /rice products are made of whole grain brown rice.



February 2024 Menu (Subject to Change)					
Hot Meal				Thursday, February 1, 2024	Friday, February 2, 2024
				Sesame Chicken	Twisted Cheesy Breadsticks
				Steamed Seasoned Rice	Cold Italian Dip
				Mixed Greens Salad & Dressing	Steamed Peas
				Fresh Orange	Crisp Varietal Apple
Hot Veg				Choice Milk	Choice Milk
				Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Cold				Chicken Caesar Wrap	Grilled Chicken & Cheese Bun
Hot Meal	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
	Cool Ranch Crunch Burger. <i>(yep, we will send Ketchup)</i>	Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla
	Top your Burger with Cool Ranch Doritos	Teriyaki Dipping Sauce	Seasoned Beef, Cheese & Crema	Steamed Brown Rice	Baby Carrots & Dip
	CKC Baked Beans	Celery Sticks	Street Corn, Shredded Lettuce	Garden Greens Salad & Homemade Dressing	Crisp Varietal Apple
	Cinnamon Apple Slices	Chilled Pears	Banana	Fresh Orange	Choice Milk
Hot Veg	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap	Grilled Chicken & Cheese Bun