

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 I
	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 Secondary Grades 7-8 Lunch Menu				Options Provided : Hot, Hot Vegetarian & Cold Meals	
Grade Level / Age Group : 6-8 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
	Spicy Chicken Tenders & Dip	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Garlic Dusted French Bread Pizza
	Cracker Crisps	Wg Bun, Ketchup	WG Dinner Roll	Seasoned Beef, Corn Tortilla Chips	Italian Dip
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Assorted Salad Bar
	Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Crisp Varietal Apple
	Choice Milk	Sun Chips & Choice Milk	Grahams & Choice Milk	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
	Spicy 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
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>	Assorted Salad Bar
	Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & 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 & Colby Cheese Omelet	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
	Spicy Crunchy Tender Roll-up	General Tso Chicken	Walking Taco	Spicy Chicken Tikka Drumstick	Cheese Stuffed Hot Pocket
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Warm Red Sauce
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Assorted Salad Bar	Fresh Orange	Crisp Varietal Apple
	Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice & WG Dinner Roll	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/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	Butter Chicken	Cheesy Pasta Bake
	WG Bakery Roll	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Animal Crackers
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar
	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar	Fresh Orange	Large Crisp Varietal Apple
	Choice Milk	Sun Chips & Choice Milk	Banana & Choice Milk	Choice Milk	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 ! What's Cooking in CKC? - Chicken Tinga Wrap 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.	
	All Beef Hot Dog	CKC Sticky Drumstick	Mac & Cheetos		
	WG Hot Dog Bun, Ketchup	Wheat Thins	<i>Cheetos in the Mac or on the Side?? You decide :)</i>		
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar		
	Strawberry Bites	Chilled Pears	Banana & Choice Milk		
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.

The menus are 100% pork-free.

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	Week I	
				Sesame Chicken	Twisted Cheesy Breadsticks		
				Steamed Seasoned Brown Rice			Cold Italian Dip
				Assorted Salad Bar			Assorted Salad Bar
				Fresh Orange			Crisp Varietal Apple
				Choice Milk			Choice Milk
	Hot Veg				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	Week II	
	Cool Ranch Crunch Burger <i>..(yep, we will send ketchup)</i>	Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla		
		Teriyaki Sauce	Seasoned Beef, Chz & Crema	Steamed Brown Rice	Assorted Salad Bar		
	Top your Burger with Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple		
	Assorted Salad Bar	Chilled Pears	Banana	Fresh Orange	Choice Milk		
	Pineapple Tidbits & Choice Milk	Choice Milk	Choice Milk	Choice Milk	Vanilla Wafers		
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & WG Roll	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		

Menu Name : MTS Secondary School Grades 9-12 Lunch menu

Options Provided : Hot, Hot Vegetarian & Cold Meals

Grade Level / Age Group : 9-12 Grades

Meal Pattern : NSLP

Meal: Lunch

January - 2024

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Hot Meal	Spicy Chicken Tenders & Dip	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Garlic Dusted French Bread Pizza	Week III
	Hot Cheetos	Wg Bun, Ketchup	WG Dinner Roll & Sweet Chili Doritos	Seasoned Beef, Corn Tortilla Chips	Italian Dip	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce & Cholula	Assorted Salad Bar	
	Pineapple Tidbits & 100% Fruit Juice	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Large Crisp Varietal Apple	
	Choice Milk	Sun Chips & Choice Milk	Choice Milk	Vanilla Chat Snax, 100% Fruit Juice & 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	

	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024	
Hot Meal	Spicy Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Brunch Lunch	Week IV
	Bakery Bun & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup	
	Sweet Chili Doritos	Assorted Salad Bar	Flamas & Assorted Salad Bar	Coleslaw - <i>Dare you to try in your Tinga wrap :</i>	Assorted Salad Bar	
	Assorted Salad Bar	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Large Crisp Varietal Apple	
	Pineapple Tidbits, 100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk	Choice Milk	
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	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	

	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	
Hot Meal	Spicy Crunchy Tender Roll-up	General Tso's Chicken	Walking Taco	Spicy Chicken Tikka Drumstick	Cheese Stuffed Hot Pocket	Week V
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Warm Red Sauce	
	Cool Ranch Doritos, Assorted Salad Bar	Assorted Salad Bar	w/ Shred Chz, Cholula	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Oranges & 100% Fruit Juice	Crisp Varietal Apple	
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	Vanilla Wafers & Choice Milk	
Hot Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice & WG Dinner Roll	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	
Cold	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	Butter Chicken	Cheesy Pasta Bake	Week VI
	Flamas	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Animal Crackers	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Oranges	Large Crisp Varietal Apple	
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk	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 & Strawberry Bites	Grilled Chicken & Cheese Bun	

	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !		
Hot Meal	All Beef Hot Dog	CKC Sticky Drumstick	Mac & Cheetos			Week I
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins, WG Roll	<i>Cheetos in the Mac or on the Side?? You decide :)</i>			
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar			
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas & Choice Milk			
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	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.		
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.

The menus are 100% pork-free.

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 Cheese Stuffed Breadsticks
				Steamed Seasoned Brown Rice	Italian Dip
				Assorted Salad Bar	Assorted Salad Bar
Hot Veg				Fresh Oranges & 100% Fruit Juice	Large Crisp Varietal Apple
				Choice Milk	Choice Milk
				Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Cold				Chicken Caesar Wrap & Strawberry Bites	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
	Flama Crunch Burger. <i>(yep, we will send mayo)</i>	Asian Chicken Dumplings	Soft Tortilla Taco	Mandarin Orange Chicken	Cheese Pizza Quesadilla
	Top your Burger with Flama Doritos	Teriyaki Sauce	Seasoned Beef, Crema & Chz	Steamed Brown Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Vanilla Wafers
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Fresh Oranges & 100% Fruit Juice	Large Crisp Varietal Apple
Hot Veg	100% Fruit Juice & Choice Milk	Choice Milk	Mixed Berry Crackers & Choice Milk	Choice Milk	Choice Milk
	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich
	Wowbutter & Jelly sandwich	Honey Mustard Chicken Bun	Turkey Bun w/ Mayo	Chicken Caesar Wrap & Strawberry Bites	Grilled Chicken & Cheese Bun