

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 PEASE Academy Lunch Menu				Options Provided : Hot, Hot Vegetarian & Deli Salads	
Grade Level / Age Group : 9-12 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
	Hot Cheetos	Wg Bun, Ketchup & Mayo	WG Dinner Roll & Sweet Chili Doritos	Seasoned Beef, Corn Tortilla Chips	Italian Dip
	Street Corn	Baby Carrots & Dip	Cucumber Slices, Baby Carrots w/ Dip	Tatziki Sauce & Cholula	Garden Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	Bananas	Banzo Salad & Fresh Orange	Large Crisp Varietal Apple
	100% Fruit Juice & 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
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 & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	French Toast Sticks w/ Syrup
	Sweet Chili Doritos & Spicy Street Corn	Carrot Slims	Flamas	Coleslaw - <i>Dare you to try in your Tinga wrap :</i>	Mixed Greens Salad & Dressing
	Cinnamon Apple Slices	Chilled Pears & 100% Fruit Juice	CKC Baked Beans & Carrot Slims	Fresh Orange & 100% Fruit Juice	Large Crisp Varietal Apple
	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & Choice Milk	Berry Crackers & 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
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's 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
	Shred Lettuce / Cool Ranch Doritos	Baby Carrots & Dip	w/ Shred Chz, Shredded Lettuce & Choula	Crisp Broccoli & Carrot Slims	Sliced Cucumbers & Dip
	Seasoned Corn / Cinnamon Apples	Chilled Pears & 100% Fruit Juice	Cheesy Refried Beans	Fresh Orange & 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 & Doritos	Pizza Crunchers	Bean Taco Wrap	Egg Fried Rice & WG Roll	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
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	Spicy Cheesy Pasta Bake
	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	Grahams
	CKC Baked Beas	Celery sticks & Dip		Garden Greens Salad & Dressing	Carrot Slims & Dip
	Baby Carrots & Dip	Chilled Pears & 100% Fruit Juice	Steamed Street Corn	Fresh Orange	Large Crisp Varietal Apple
	Cinnamon Apples, 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
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 & Hot Cheetos		
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins, WG Roll	<i>Cheetos in the Mac or on the Side?? You decide :)</i>		
	CKC Baked Beans	Baby Carrots & Dip	Celery Sticks, Carrot Slims & Dip		
	Strawberry Bites & Cinnamon Apples	Chilled Pears	Bananas & Choice Milk		
	100% Fruit Juice & Choice Milk	100% Fruit Juice & Choice Milk			
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone		
(Vegetarian choices come with eggs & cheese in the place of meat)	Grilled Chicken Caesar Salad	Grilled Chicken Asian Salad	Grilled Chicken SW Taco Salad	Classic Chef Salad	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 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 & 1% milk served daily.

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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 Steamed Seasoned Brown Rice Mixed Greens Salad & Dressing Fresh Orange & 100% Fruit Juice Choice Milk Grilled Cheese Sandwich	Twisted Cheese Stuffed Breadsticks Italian Dip Steamed Peas Large Crisp Varietal Apple Choice Milk Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet
Hot Veg					

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> Top your Burger with Flama Doritos CKC Baked Beans Cinnamon Apple Slices 100% Fruit Juice & Choice Milk	Asian Chicken Dumplings Teriyaki Sauce Celery Sticks & Carrot Slims Chilled Pears & 100% Fruit Juice Choice Milk	Beef Burrito Bowl Seasoned Beef, Warm Rice Street Corn, Shred Lettuce, Chz & Crema Bananas Scooby Grahams & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Garden Greens Salad & Homemade Dressing Fresh Orange & 100% Fruit Juice Choice Milk	Cheese Pizza Quesadilla Baby Carrots & Dip Vanilla Wafers Large Crisp Varietal Apple Choice Milk
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich