651-453-1136


## National School Breakfost Week - What, When \& Why?

National School Breakfast Week was launched in 1989 to raise awareness of the availability of the School Breakfast Program, a federally assisted meal program operating in public and nonprofit private schools and residential childcare institutions since 1975. The occasion reminds families that healthy breakfast options available at school provide an energizing start to the day for students.
U.S. Department of Agriculture data show that more and more students are starting their day with a nutritious breakfast in their school cafeterias. The School Breakfast Program serves more than 14 million students every day.

|  |  |  | April 2024 Menu (Subject to Change) |  |  |
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| \%\#̈\%ín | Monday, April 1, 2024 | Tuesday, April 2, 2024 | Wednesday, April 3, 2024 | Thursday, April 4, 2024 | Friday, April 5, 2024 |
|  | WG Cinnamon Swirl (2 items) | Banana Muffin (2 items) | * Student Favorite* <br> Low Sugar Whole Grain Apple <br> Fritter Bun (2 items) | Delicious Mini Pancake Bites (2 items) | * Student Favorite* <br> 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 |  |  |  |  |
|  | Monday, April 8, 2024 | Tuesday, April 9, 2024 Wednesday, April 10,2024 |  | Thursday, April 11, 2024 |  |
|  | Fruit Strudel (2 items) | Apple Cinnamon Muffin (2 items) | Strawberry Boli (2 items) | Low Sugar WG Cinnamon Roll (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) |  |
|  | 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 |  |  |  |  |

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| Menu Name: MTS Secondary School Grades 9-12 Lunch menu Grade Level / Age Group : 9-12 Grades |  |  | Options Provided : Hot, Hot Vegetarian \& Cold Meals |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Meal Pattern : NSLP | Meal: Lunch |  |
| March - 2024 |  |  |  |  |  |  |
| Hot Meal | Whats Cooking in CKC? |  |  |  | Friday, March 1, 2024 |  |
|  | Chicken Tamale - Authentic, soft \& moist Chicken \& Green Sauce Tamale. <br> Southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick. |  |  |  | Cheese Stuffed Hot Pocket <br> Warm Red Sauce <br> Assorted Salad Bar <br> Crisp Varietal Apple <br> Vanilla Wafers \& Choice Milk <br> Buttermilk Pancakes w/ Syrup \& Colbv Cheese Omelet <br> Grilled Chicken \& Cheese Bun | 7 <br> $\$$ <br> $\$$ |
|  | Premium Chicken Nuggets <br> w/ Youza Sauce <br> Flamas <br> Assorted Salad Bar <br> Pineapple Tidbits <br> 100\% Fruit Juice \& Choice Milk | Tuesday, March 5, 2024 <br> Hot Italian Sub <br> 'All Beef' Marinara Meatballs \& Shred Cheese served on WG Bun Assorted Salad Bar Chilled Pears \& 100\% Fruit Juice Sun Chips \& Choice Milk | Wednesday, March 6, 2024 <br> Fritos Enchilada Nachos <br> Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese \& Boom Sauce <br> Assorted Salad Bar <br> Honey Grahams, Bananas \& Choice Milk | Thursday, March 7, 2024 <br> New Authentic Chicken <br> Tamale <br> Authentic. soft, moist Chicken \& Green <br> Sauce Tamale <br> Boom Sauce <br> Assorted Salad Bar <br> Fresh Orange, 100\% Fruit Juice \& Choice Milk | Friday, March 8, 2024 <br> Cheesy Pasta Bake <br> Animal Crackers <br> Assorted Salad Bar <br> Large Crisp Varietal Apple <br> Choice Milk | 5 <br>  <br>  <br> $\$$ |
| Hot Veg <br> Cold | Wowbutter \& Jelly sandwich | Honey Mustard Chicken Bun | Veggie Garden Burger \& Mayo Turkey Bun w/ Mayo | Veggie Bean Burrito Chicken Caesar Wrap \& Strawberrv Bites | French Bread Pizza Grilled Chicken \& Cheese Bun |  |
|  | Monday, March 11, 2024 | Tuesday, March 12, 2024 | Wednesday, March 13, 2024 | Thursday, March 14, 2024 | Friday, March 15, 2024 |  |
|  | All Beef Hot Dog <br> WG Hot Dog Bun, Ketchup \& Mustard Assorted Salad Bar <br> Strawberry Bites \& Pineapple Tidbits 100\% Fruit Juice \& Choice Milk | CKC Sticky Drumstick <br> Wheat Thins, WG Roll Assorted Salad Bar Chilled Pears \& 100\% Fruit Juice Choice Milk | Cheese Calzone <br> Assorted Salad Bar <br> Bananas <br> Choice Milk | Sesame Chicken <br> Steamed Seasoned Brown Rice <br> Assorted Salad Bar <br> Fresh Orange \& 100\% Fruit Juice <br> Choice Milk | Twisted Cheese Stuffed Breadsticks <br> Italian Dip <br> Assorted Salad Bar <br> Large Crisp Varietal Apple <br> Choice Milk | - |
| Hot Veg | Veggie Bean Burrito Wowbutter \& Jelly sandwich | Stuffed Dipping Bites w/Sauce Honey Mustard Chicken Bun | Cheese Calzone Turkey Bun w/ Mayo | Grilled Cheese Sandwich Chicken Caesar Wrap \& Strawberrv Bites | Buttermilk Pancakes w/ Syrup \& Colbv Cheese Omelet Grilled Chicken \& Cheese Bun |  |
|  | Monday, March 18, 2024 | Tuesday, March 19, 2024 | Wednesday, March 20, 2024 | Thursday, March 21, 2024 | Friday, March 22, 2024 |  |
| 8 <br> 8 <br> $\stackrel{8}{8}$ | Flama Crunch Burger... (yep, we <br> will send mayo) <br> Top your Burger with Flama Doritos <br> Assorted Salad Bar <br> Pineapple Tidbits <br> 100\% Fruit Juice \& Choice Milk | Brunch Lunch <br> French Toast Sticks \& Syrup <br> Assorted Salad Bar <br> Chilled Pears \& 100\% Fruit Juice <br> Choice Milk | Soft Tortilla Taco <br> Seasoned Beef, Crema \& Chz <br> Assorted Salad Bar <br> Bananas <br> Mixed Berry Crackers \& Choice Milk | Mandarin Orange Chicken <br> Steamed Brown Rice <br> Assorted Salad Bar <br> Fresh Orange \& 100\% Fruit Juice Choice Milk | Cheese Pizza Quesadilla <br> Assorted Salad Bar <br> Vanilla Wafers <br> Large Crisp Varietal Apple <br> Choice Milk | E |
| Hot Veg | 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 \& Strawberrv Bites | Grilled Chicken \& Cheese Bun |  |
|  | Monday, March 25, 2024 | Tuesday, March 26, 2024 | Wednesday, March 27, 2024 | Thursday, March 28, 2024 | Friday, March 29, 2024 |  |
|  | Spicy Chicken Tenders \& Dip <br> Hot Cheetos <br> Assorted Salad Bar <br> Pineapple Tidbits \& 100\% Fruit Juice Choice Milk | Bean \& Cheese Pupusa <br> Boom Sauce <br> Assorted Salad Bar <br> Chilled Pears \& 100\% Fruit Juice <br> Choice Milk | $\mathcal{N e w}$ Southern Drumstick Mildly Seasoned Chicken Drumstick WG Dinner Roll \& Sweet Chill Doritos Assorted Salad Bar \& Banana Choice Milk | Tots \& Beef Crunch <br> Seasoned Beef \& Smashed Tater Tots served on Tostitos Crema <br> Assorted Salad Bar \& Fresh Orange Vanilla Chat Snax, 100\% Fruit Juice \& Choice Milk | Garlic Dusted French Bread Pizza <br> Assorted Salad Bar <br> Large Crisp Varietal Apple <br> Choice Milk |  |
| Hot Veg | Cheese Hot Pocket \& Sauce | Veggie Garden Burger \& Wheat | 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 Veg and Codd | Cold meals are served with vegetables, fruit | uit of the day \& milk. |  |  |
| All bread/bread products /chips /tortilas /pastas listed in the menu are whole grain products. |  |  |  | All rice dishes | The menus are 100\% pork | The menus are 100\% pork-free. |


|  | April 2024 Menu (Subject to Change) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday, April 1, 2024 | Tuesday, April 2, 2024 | Wednesday, April 3, 2024 | Thursday, April 4, 2024 | Friday, April 5, 2024 |
|  | Spicy Chicken Patty <br> Sandwich <br> Bakery Bun \& Mayo <br> Sweet Chili Doritos <br> Assorted Salad Bar <br> Pineapple Tidbits, 100\% Fruit Juice \& Choice Milk | Mongolian Meatballs <br> Seasoned Rice \& Fresh Green Onions <br> Assorted Salad Bar <br> Chilled Pears \& 100\% Fruit Juice <br> Choice Milk | Corn Dog <br> WG Chicken Corn Dog served w/ Ketchup <br> Flamas \& Assorted Salad Bar <br> Bananas <br> Choice Milk | Hearty Tinga Wrap <br> WG Tortilla, Chicken Tinga \& Shred Chz Coleslaw - Dare you to try in your Tinga wrap :) <br> Assorted Salad Bar \& Fresh Orange Berry Crackers, 100\% Fruit Juice \& Choice Milk | Brunch Lunch <br> French Toast Sticks w/ Syrup <br> Assorted Salad Bar <br> Large Crisp Varietal Apple <br> Choice Milk |
| Hot Veg | Veggie Garden Burger \& Mayo | Pizza Calzone | Buttermilk Pancakes w/ Syrup \& Colbv 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, April 8, 2024 | Tuesday, April 9, 2024 | Wednesday, April 10, 2024 | Thursday, April 11, 2024 |  |
|  | Spicy Crunchy Tender Rollup <br> Wg Tortilla, Chix Tenders, Boom Sauce Cool Ranch Doritos, Assorted Salad Bar Pineapple Tidbits 100\% Fruit Juice \& Choice Milk | General Tso's Chicken <br> Steamed Seasoned Rice Assorted Salad Bar Chilled Pears \& 100\% Fruit Juice Choice Milk | Walking Taco <br> Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cholula Assorted Salad Bar Chat Snax, Bananas \& Choice Milk | $\mathcal{N e w}$ Teriyaki Drumstick WG Bakery Roll \& Starwberry Bites Assorted Salad Bar Fresh Orange \& 100\% Fruit Juice Choice Milk |  |
| Hot Veg | Cheesy Pull Aparts | Pizza Crunchers | Bean Taco Wrap | Egg Fried Rice \& WG Dinner Roll |  |
| Cold | Wowbutter \& Jelly sandwich | Honey Mustard Chicken Bun | Turkey Bun w/ Mayo | Chicken Caesar Wrap \& Strawberrv Bites |  |

