

OCTOBER 2026**TASTY****HEALTHY****FUN****VARIETY****BALANCED**

Name of the menu : MTS & Banaadir Schools K-12 Breakfast Menu

Meal Pattern :NSLP

Grade : K-12 Grades

Meal : Breakfast

Week II	BREAKFAST				Thursday, 10/1/2026	Friday, 10/2/2026
					Honey Breakfast Bun	Banana Muffin
					100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
					Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.						
Week III	BREAKFAST	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026
		Assorted Cereal Bowl & Cheese Stick	Smoothie Day – Drink Your Breakfast Yogurt & Fruit Smoothie Berry Apple Crispie Bar	Cinnamon Roll	WG Muffin & Turkey Snack Stick	Nature Valley Crisps & Yogurt Cup
		100% 4.23 oz Fruit Juice			100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
		Choice Milk & Second Fruit	Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.						
Week IV	BREAKFAST	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026
		Assorted Cereal Bowl & String Cheese	Vanilla Waffle	Pumpkin Muffin	Fun Donut Day	Ultimate Breakfast Round
		100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice
		Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.						
Week V	BREAKFAST	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026
		Assorted Cereal Bowl & Cheese Stick	Apple Cinnamon Muffin	Fun Chocolate-y Day	Apple Fritter Bun	Glazed PullAparts
		100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice
		Choice Milk & Second Fruit	Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.						
Week VI	BREAKFAST	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026
		Fun Nom-Nom Day	Assorted Cereal Bowl	Nature Valley Crisps & Yogurt Cup	Cinnamon Swirls	Fun Friday Breakfast
		Brekkie				Glazed Donut Bites
		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit
Entrée of the Day is 2 Whole Grain Items Equivalent.						

*** Three Items meet USDA requirements (One Item must be fruit).

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

OCTOBER 2026

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu : MTS Secondary School Grades 7-8 Lunch menu

Options : Hot, Hot Vegetarian ,Cold Meals & Deli Salads

Grade : 7-8 Grades

Meal Pattern : NSLP

Week II	HOT MEAL	Thursday, 10/1/2026			Friday, 10/2/2026							
		Pulled Chicken Taco			French Bread							
		Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Hot Sauce			Assorted Salad Bar							
		Assorted Salad Bar			Daily Fruit							
HOT VEG	COLD	Assorted Salad Bar			Choice Milk							
		Daily Fruit & Choice Milk										
		Veggie Garden Nuggets w/ Ketchup & WG Roll			Cheese Stuffed Hot Pocket w/ Dip							
		Deli Turkey & Cheese on WW Bread w/ Mayo			Honey Mustard Chix Pasta & WG Roll							
Week III	HOT MEAL	Monday, 10/5/2026		Tuesday, 10/6/2026		Wednesday, 10/7/2026		Thursday, 10/8/2026		Friday, 10/9/2026		
		Brunch Lunch		Nashville Hot Chicken Tender Wrap		Swicy Glazed Meatballs		Chipotle Chicken Drumstick		Mini Cheese Pizza Triangles		
		Buttermilk Pancakes w/ Syrup		WG Tortilla, Shred Cheese, Boom Sauce		Sweet & Spicy Meatballs w/ Steamed Rice		Mashed Potatoes & WG Roll		Chilled Pesto Penne		
		Colby Cheese Omelet		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		
		Assorted Salad Bar		Daily Fruit		Daily Fruit		Daily Fruit & Choice Milk		Daily Fruit		
	Daily Fruit & Choice Milk		Choice Milk		Choice Milk		Yahoo! Special Chips Day! Hot Cheetos		Choice Milk			
	HOT VEG		Grilled Cheese Sandwich		Pizza Quesadilla		Cheese Breadsticks w/ Dip		Veggie Garden Cheeseburger		BYO Double Decker Bagel Sandwich w/ Egg Patty & Cheese Slice	
COLD	Italian Turkey Sandwich on WW Bread w/ Mayo		Seasoned Chicken Bun		Turkey & Chz on Hoagie w/ Mayo		Chicken Caesar Wrap		Egg Salad on WW Bread			
Week IV	HOT MEAL	Monday, 10/12/2026		Tuesday, 10/13/2026		Wednesday, 10/14/2026		Thursday, 10/15/2026		Friday, 10/16/2026		
		Battered Corn Dog		Twin Faves Day		Zeus Frito Crunch		Mandarin Orange Chicken		Max Cheese Breadsticks		
		WG Chicken Corn Dog served with Ketchup		Chicken Nuggets w/ Ketchup		Greek Style Seasoned Beef, Yellow Rice, Fritos Tzatziki Sauce		Steamed Rice		Seasoned Warm Red Sauce		
		Assorted Salad Bar		Mac & Cheese WG Roll		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		
		Daily Fruit & Choice Milk		Assorted Salad Bar		Daily Fruit		Daily Fruit		Daily Fruit		
	Hooray! Special Chips Day! Cool Ranch Doritos		Daily Fruit & Choice Milk		Choice Milk		Choice Milk		Choice Milk			
	HOT VEG		Cheese Stuffed Hot Pocket w/ Dip		Mac & Cheese Bites w/ Ranch		Greek Style Egg Scramble Nacho		Veggie Nuggets w/ WG Roll		Cheesy Pasta Bake	
COLD	Grilled Chicken & Cheese Bun		Deli Turkey on WW Bread w/ Mayo		Chicken Club Hoagie		Turkey & Cheese on Bagel		Green Chicken Wrap			
Week V	HOT MEAL	Monday, 10/19/2026		Tuesday, 10/20/2026		Wednesday, 10/21/2026		Thursday, 10/22/2026		Friday, 10/23/2026		
		Big Bite Pop-Chicken & Mashed Potatoes		Cheeseburger		Brunch Lunch		Sweet & Sour Chicken Chicken		Cheese Quesadilla		
		Popcorn Chicken w/ Ketchup		Bun, Chz Slice & Ketchup		French Toast Sticks w/ Syrup		Steamed Rice		Assorted Salad Bar		
		Mashed Potatoes & WG Roll		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Daily Fruit		
		Assorted Salad Bar		Daily Fruit		Daily Fruit		Daily Fruit		Choice Milk		
	Daily Fruit & Choice Milk		Choice Milk		Choice Milk		Choice Milk		Yahoo! Special Chips Day! Nacho Cheese Doritos			
	HOT VEG		Veggie Breaded Patty Sandwich		Pizza Crunchers		SouthWest Bean & Chz Burrito w/ Ranch		Pizza Triangles		Brunch Egg Chilaquiles w/ Mexican Rice, Cheese & Crema	
COLD	Pesto & Provolone Chicken Bun		Citrus Chicken Bun		Turkey Bun w/ Mayo		Banh Mi Chicken on Flatbread		Egg Salad on WW Bread			
Week VI	HOT MEAL	Monday, 10/26/2026		Tuesday, 10/27/2026		Wednesday, 10/28/2026		Thursday, 10/29/2026		Friday, 10/30/2026		
		Chicken Patty Sandwich		All Beef Hot Dog		Premium Chicken Nuggets		Walking Taco		Cheesy Lasagna		
		WG Bun & Ketchup		Served with Ketchup & Mustard		Ketchup & WG Roll		Nacho Doritos, Seasoned Beef Taco		Hearty Dinner Roll w/ Butter		
		Assorted Salad Bar		Assorted Salad Bar		Tater Tots w/ Ketchup		Fill with Mexican Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce		Assorted Salad Bar		
		Daily Fruit		Daily Fruit & Choice Milk		Assorted Salad Bar		Assorted Salad Bar		Daily Fruit		
	Choice Milk		Yahoo! Special Treat Day! Confetti Cookie		Daily Fruit & Choice Milk		Daily Fruit & Choice Milk		Choice Milk			
	HOT VEG		Buttermilk Pancakes & Omelet		Veggie Garden Burger		Grilled Cheese Sandwich		Egg Scramble Walking Taco		Mac & Cheese Bites w/ Ranch	
COLD	Turkey & Cheese on WW Bread w/ Mayo		Seasoned Chicken Bun		Turkey & Chz on Hoagie w/ Mayo		Chicken Caesar Wrap		Honey Mustard Chix Pasta & Hearty Dinner Roll			
Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.												
DELI SALADS	Grilled Chicken Caesar Salad			Grilled Asian Chicken Salad			Grilled Chicken SW Taco Salad			Classic Turkey & Egg Chef Salad		
	(Veg Option) Caesar Salad w/ Egg			(Veg Option) Asian Salad w/ Egg			(Veg Option) SW Taco Salad w/ Egg			(Veg Option) Classic Chef Salad w/ Egg		
(Veg Option) Quinoa Powerbowl Salad w/ Egg												
Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk)												
Assorted Fluid Milk / Fluid Milk Substitute Choices offered.												
This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.												
This menu is pork-free.												

OCTOBER 2026

TASTY

HEALTHY

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VARIETY

BALANCED

Name of the menu : MTS Secondary School Grades 9-12 Lunch menu

Options : Hot, Hot Vegetarian & Cold Meals

Grade : 9-12 Grades

Meal Pattern : NSLP

						Thursday, 10/1/2026	Friday, 10/2/2026
Week II	HOT MEAL					Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Veggie Garden Nuggets w/ Ketchup & WG Roll Deli Turkey & Cheese on WW Bread w/ Mayo	French Bread Assorted Salad Bar Daily Fruit, Juice Box Choice Milk Cheese Stuffed Hot Pocket w/ Dip Honey Mustard Chix Pasta & WG Roll
Week III	HOT MEAL	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026	
		Brunch Lunch Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Nashville Hot Chicken Tender Wrap WG Tortilla, Shred Cheese, Boom Sauce Assorted Salad Bar & Potato Salad Daily Fruit, Juice Box Choice Milk	Swicy Glazed Meatballs Sweet & Spicy Meatballs w/ Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Chipotle Chicken Drumstick Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Yahoo! Special Chips Day! Hot Cheetos	Mini Cheese Pizza Triangles Chilled Pesto Penne Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	
		Grilled Cheese Sandwich	Pizza Quesadilla	Cheese Breadsticks w/ Dip	Veggie Garden Cheeseburger	BYO Double Decker Bagel Sandwich w/ Egg Patty & Cheese Slice	
		Italian Turkey Sandwich on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Egg Salad on WW Bread	
Week IV	HOT MEAL	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026	
		Battered Corn Dog WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Hooray! Special Chips Day! Flamas	Twin Faues Day Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Zeus Frito Crunch Greek Style Seasoned Beef, Yellow Rice, Fritos. Tzatziki Sauce Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Mandarin Orange Chicken Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Max Cheese Breadsticks Seasoned Warm Red Sauce Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	
		Cheese Stuffed Hot Pocket w/ Dip	Mac & Cheese Bites w/ Ranch	Greek Style Egg Scramble Nacho	Veggie Nuggets w/ WG Roll	Cheesy Pasta Bake	
		Grilled Chicken & Cheese Bun	Deli Turkey on WW Bread w/ Mayo	Chicken Club Hoagie	Turkey & Cheese on Bagel	Green Chicken Wrap	
Week V	HOT MEAL	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026	
		Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Sweet & Sour Chicken Chicken Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Cheese Quesadilla Assorted Salad Bar Daily Fruit, Juice Box Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos	
		Veggie Breaded Patty Sandwich	Pizza Crunchers	SouthWest Bean & Chz Burrito w/ Ranch	Pizza Triangles	Brunch Egg Chilaquiles w/ Mexican Rice, Cheese & Crema	
		Pesto & Provolone Chicken Bun	Citrus Chicken Bun	Turkey Bun w/ Mayo	Banh Mi Chicken on Flatbread	Egg Salad on WW Bread	
Week VI	HOT MEAL	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026	
		Chicken Patty Sandwich WG Bun & Ketchup Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	All Beef Hot Dog Served with Ketchup & Mustard Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Yahoo! Special Treat Day! Confetti Cookie	Premium Chicken Nuggets Ketchup & WG Roll Tater Tots w/ Ketchup Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Mexican Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Cheesy Lasagna Hearty Dinner Roll w/ Butter Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	
		Buttermilk Pancakes & Omelet	Veggie Garden Burger	Grilled Cheese Sandwich	Egg Scramble Walking Taco	Mac & Cheese Bites w/ Ranch	
		Turkey & Cheese on WW Bread w/ Mayo	Seasoned Chicken Bun	Turkey & Chz on Hoagie w/ Mayo	Chicken Caesar Wrap	Honey Mustard Chix Pasta & Hearty Dinner Roll	

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