



January 2019



Healthy Eating:
Fruits and Vegetables

MOT CHARTER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
WINTER BREAK NO SCHOOL	NEW YEAR'S DAY SCHOOL CLOSED	PROFESSIONAL DEVELOPMENT DAY STAFF ONLY	French Toast Sticks Hashbrowns, Carrots Fruit & Milk Sandwich: Ham & Cheese Salad: Garden	Deep Dish Cheese Pizza Tossed Salad, Normandy Blend Fruit & Milk Sandwich: Ham & Cheese Salad: Garden
7	8	9	10	11
Meatball Sub Broccoli, Carrot Sticks Fruit & Milk Sandwich: Tuna Salad: Chef	Shrimp Poppers, Kohlrabi Slaw Green Beans Fruit & Milk Sandwich: Tuna Salad: Chef	Chicken Tenders, Mixed Veggies Black Bean Salad Fruit & Milk Sandwich: Tuna Salad: Chef	Cheesesteak, French Fries Peppers & Onions Fruit & Milk Sandwich: Tuna Salad: Chef	BBQ Chicken Pizza Tossed Salad, Glazed Carrots Fruit & Milk Sandwich: Tuna Salad: Chef
14	15	16	17	18
Fish Sticks, Herbed Corn Three Bean Salad Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Pulled Pork, Celery Sticks Baked Beans Sticks, Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Turkey Subs w/ L&T, Peas Sweet Potato Fries, Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Chicken Parm. Sandwich Broccoli, Carrot Sticks Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Stuffed Crust Pizza Tossed Salad, Cauliflower Fruit & Milk Sandwich: Chicken Salad Salad: Chef
21	22	23	24	25
MARTIN LUTHER KING DAY NO SCHOOL	Lasagna, Broccoli Carrot Sticks Fruit & Milk Sandwich: Egg Salad Salad: Southwest	Hot Ham & Cheese on Pretzel Roll, Cucumbers, Glazed Butternut Squash, Fruit & Milk Sandwich: Egg Salad Salad: Southwest	Sloppy Joes, Corn Baked Beans Fruit & Milk Sandwich: Egg Salad Salad: Southwest	Supreme Pizza Tossed Salad, Assorted Raw Veggies, Fruit & Milk Sandwich: Egg Salad Salad: Southwest
28	29	30	31	
Mozzarella Sticks w/ Marinara Broccoli, Garbonzo Bean Salad Fruit & Milk Sandwich: Egg Salad Salad: Chicken Caesar	Cheeseburgers w/ L&T French Fries, Cucumbers Fruit & Milk Sandwich: Egg Salad Salad: Chicken Caesar	BBQ Chicken Sub Baked Beans, Coleslaw Fruit & Milk *** Sandwich: Egg Salad Salad: Chicken Caesar	Sweet & Sour Chicken, Brown Rice, Oriental Veggies, Carrot Sticks, Fruit & Milk Sandwich: Egg Salad Salad: Chicken Caesar	

Daily Entrée Alternatives:

Peanut Butter & Jelly Sandwich

Toasted Cheese Sandwich

Menu Subject to Change

Lunch (K-5) = \$2.50

Lunch (6-12) = \$2.70

Extra Pizza Slice:

Cash Only = \$1.50

Teacher's Lunch = \$3.65

1% White

Nonfat Chocolate

Nonfat Strawberry

Individual Purchase Price = \$0.40

This institution is an equal opportunity provider.



**LOCAL PRODUCE
SERVED HERE**

***Ice Cream Wednesday @ K-8



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MOT CHARTER SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
WINTER BREAK	NEW YEAR'S DAY	PROFESSIONAL DEVELOPMENT DAY	Whole Grain Bagel Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Banana Bread Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
NO SCHOOL	SCHOOL CLOSED	STAFF ONLY		
7	8	9	10	11
Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
14	15	16	17	18
Whole Grain Bagel Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Banana Bread Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
21	22	23	24	25
MARTIN LUTHER KING DAY	Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Bagel Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain Banana Bread Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
NO SCHOOL				
28	29	30	31	
Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry	

Menu Subject to Change

Breakfast = \$1.75
Teachers Breakfast = \$2.50

1% White
Nonfat Chocolate
Nonfat Strawberry



Individual Purchase Price = \$0.40

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