



February 2019



**Healthy Eating:
Fruits and Vegetables**

MOT CHARTER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Deep Dish Cheese Pizza Tossed Salad, Normandy Blend Fruit & Milk Sandwich: Turkey & Cheese Salad: Chicken Caesar
4	5	6	7	8
Shrimp Poppers Baked Beans, Coleslaw Fruit & Milk Sandwich: Ham & Cheese Salad: Chicken Harvest	French Toast Sticks Hashbrowns, Carrot Sticks Fruit & Milk Sandwich: Ham & Cheese Salad: Chicken Harvest	Chicken Tenders Green Beans, Celery Sticks Fruit & Milk Sandwich: Ham & Cheese Salad: Chicken Harvest	Stuffed Shells w/ Marinara Sauce Broccoli, Tossed Salad Fruit & Milk Sandwich: Ham & Cheese Salad: Chicken Harvest	French Bread Pizza Glazed Carrots, Assorted Raw Veggies, Fruit & Milk Sandwich: Ham & Cheese Salad: Chicken Harvest
11	12	13	14	15
Turkey or Ham Sub w/ L & T Sweet Potato Fries, Normandy Blend, Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Mozzarella Sticks w/ Marinara Broccoli, Celery Sticks Fruit & Milk Sandwich: Chicken Salad Salad: Garden	Fish Sticks, Herbed Corn Baked Beans Fruit & Milk Sandwich: Chicken Salad Salad: Garden	♥ Oven Roasted Chicken ♥ Roll, Pizza Green Beans, Tossed Salad, Fruit & Milk ♥ Sandwich: Chicken Salad ♥ Salad: Garden ♥	1/2 DAY - BAGGED LUNCH Coice of: Chix Salad Sandwich, Turkey and Cheese Sandwich, or PB&J, Celery Sticks, Carrot Sticks, Fruit & Milk
18	19	20	21	22
PRESIDENT'S DAY NO SCHOOL	Meatball Sub Broccoli, Carrot Sticks Fruit & Milk Sandwich: Tuna Salad Salad: Chix Salad on Spinach Greens	Hot Ham & Cheese on Pretzel Roll, Cucumbers, Glazed Butternut Squash, Fruit & Milk Sandwich: Tuna Salad Salad: Chix Salad on Spinach Greens	Walking Tacos w/ Cheese Lettuce & Tomatoes, Corn Black Beans, Fruit & Milk Sandwich: Tuna Salad Salad: Chix Salad on Spinach Greens	Pepperoni Pizza Tossed Salad, Assorted Raw Veggies, Fruit & Milk Sandwich: Tuna Salad Salad: Chix Salad on Spinach Greens
25	26	27	28	
Cheeseburger w/ L & T Baked Beans, Cauliflower Fruit & Milk Sandwich: Egg Salad Salad: Chicken Ceaser	BBQ Chicken Wrap Broccoli, Celery Sticks Fruit & Milk Sandwich: Egg Salad Salad: Chicken Ceaser	Cheesesteak French Fries, Peppers & Onions Fruit & Milk** Sandwich: Egg Salad Salad: Chicken Ceaser	Sloppy Joes Peas, Carrot Sticks Fruit & Milk Sandwich: Egg Salad Salad: Chicken Ceaser	

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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Healthy Eating:
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MOT CHARTER SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
4	5	6	7	8
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
11	12	13	14	15
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	Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry
18	19	20	21	22
PRESIDENT'S DAY NO SCHOOL	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
25	26	27	28	
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	

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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