October 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Nacnos w/Ground Beef, Cheese WG Tortilla Chips Black Beans Tropical Fruit Mix Milk Count Day!	Beef Slider Tater Tots Mixed Fruit Milk 2	No Program
	Quesadilla Fiesta Pinto Beans Tropical Fruit Mix Milk	Bosco Stick Marinara Sauce Cucumber Sticks w/Ranch Pears Milk 7	Popcorn Chicken Potato Wedges Strawberries Milk	Lasagna Roll Up Romaine Salad Apple Slices Milk 9	No Program 10
(Chicken Tikka Masala Brown Rice Green Peas Mixed Fruit Milk National School Lunch 13 Week	WG Enchilada Empanada Refried Beans Blueberries Milk 14	WG Tortellini w/Pasta Sauce Green Beans Diced Pears Milk 15	Tangerine Orange Chicken Vegetable Fried Rice Stir Fry Peppers 100% Grape Juice Milk 16	No Program 17
	No School	Popcorn Chicken Asparagus WG Roll 100% Fruit Juice Milk 21	Pizza Crunchers Spring Mix Tropical Fruit Milk 22	WG Pancakes Turkey Sausage Hash Brown Rounds Apple Slices ^{Milk} 23	No Program
	Chicken Nuggets Baked Beans Mixed Fruit Milk 27	Alfredo Green Beans Orange Smiles Milk 28	Meatloaf Mashed Potatoes WG Roll Apple Slices Milk 29	Spaghetti w/Meat Sauce Butternut Squash 100% Apple Juice Milk 30	No Program



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Contact your Food Service Director, Renee Frederick, at (313) 269-7108 or email FrederickR@mtcps.org for questions or comments. **Menu Subject to Change**

"or:" = An alternative selection to choose. "WG"= Whole Grain 1% White & 1%Chocolate Milk available daily.