

**GRADES K - 3 LUNCH MENU**

**JANUARY 2019**

**AVAILABLE ON A DAILY BASIS: Chef Salad; Garden Salad (\*\*); PBJ Lunch Box(\*\*); Tootie Fruite Gluten Free Lunch Box (\*\* - - Contains Chex honey nut cereal, yogurt, fresh fruit cup, string cheese, vegetable of the day)**

**Student Lunch \$2.50 Adult Lunch \$3.50 Extra Milk or Juice .40 8 oz. Water .40 Extra PBJ Sandwich \$1.25 Extra Fruit .75 cents**

**(All of the above served with choice of vegetable and/or fruit of the day, assorted milk and or juice)**

Sun	Mon	Tue	Wed	Thu	Fri
6	7	8 Super Cheesy Flatbread w/Marinara Sauce (**) Side Caesar Salad Fresh Fruit of the Day Jello Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	9 French Toast Sticks Turkey Sausage Patty Smiley Taters Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	10 <b>Munchable Lunchable Box</b> (contains ham, cheese, crackers, carrots with hummus cup, craisins, and chocolate chip cookie)  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	11 Homestyle Chicken Tenders Mashed Potatoes Steamed Broccoli Fresh Fruit of the Day  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice
13	14 Buffaburger w/Cheese Smiley Taters Baked Beans Fresh Fruit of the Day  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	15 Steak Tornadoes w/Salsa or Ranch Dressing Carrot Dippers Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	16 Crispy Chicken Sandwich Celery Sticks w/Hummus Dip Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	17 <b>Macho Nacho</b> (Contains seasoned ground beef, cheese, salsa, tortilla chips) Cinnamon Apples  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	18 Cheese Pizza (**) Side Caesar Salad Fresh Fruit of the Day  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice
20	21 <b>NO SCHOOL MLK HOLIDAY</b>	22 Mini Chicken Corn Dogs w/Sun Chips Celery Dippers w/Ranch Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	23 Spaghetti w/Meatballs Side Caesar Salad Assorted Fruit Cup Chocolate Pudding Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	24 <b>Popcorn Chicken Bowl</b> (Contains Popcorn Chicken, Corn, Cheese Mashed Potatoes & Country Gravy) Garlic Toast Assorted Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	25 Cheesy Stuffed Breadsticks (**) w/Marinara Sauce Steamed Carrots Fresh Fruit of the Day  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice
27	28 Stuffed Crust Pepperoni Pizza Broccoli Dippers w/Ranch Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	29 Grilled Hebrew National All Beef Hot Dog Baked Beans Fresh Fruit of the Day Mini Rice Krispie Treat  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	30 Taco (Soft Shell) (Contains seasoned ground beef, cheese, salsa) Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	31 Junior Captains's Basket (Includes tater tots, fish nugget, garlic bread) Coleslaw Assorted Fruit Cup  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	1 Crispy Chicken Club Sandwich Carrot Dippers w/Ranch Fresh Fruit of the Day  1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice

**PLEASE NOTE:** Any menu item marked with (\*\*) is considered vegetarian.  
Menu items subject to change based on product availability.

**We highly encourage you to monitor your child's account free of charge on [www.paypams.com](http://www.paypams.com)  
Please feel free to contact [sylvia.pelchat@tvcs.org](mailto:sylvia.pelchat@tvcs.org) with any questions you may have or if you would like to put a restriction on your child's account.**

**In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.**



Sat

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