

GRADES K - 3 LUNCH MENU

SEPTEMBER 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

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
2 HAPPY LABOR DAY NO SCHOOL	3 Turkey and Cheese Pin Wheels w/ Ranch Dressing Carrot Dippers (optional) Fruit Cup Popcorn Cookie 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	4 Crispy Chicken Sandwich Celery Sticks w/Hummus Dip Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	5 Macho Nacho (Contains seasoned ground beef, cheese, salsa, tortilla chips) Cinnamon Apples 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	6 Cheese Pizza (**) Side Salad Fresh Fruit of the Day 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice
9 Homestyle Chicken Tenders & Waffles w/Maple Syrup Baked Beans Warm Country Apples 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	10 Mini Chicken Corn Dogs w/Sun Chips Celery Dippers w/Ranch Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	11 Spaghetti w/Meatballs Side Salad Fruit Cup Chocolate Pudding Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	12 Popcorn Chicken Bowl (Contains Popcorn Chicken, Corn, Cheese Mashed Potatoes & Country Gravy) Garlic Toast Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	13 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
16 Stuffed Crust Pepperoni Pizza Broccoli Dippers w/Ranch Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	17 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	18 Taco (Soft Shell) (Contains seasoned ground beef, cheese, salsa) Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	19 Junior Captains's Basket (includes tater tots, fish nugget, garlic bread) Coleslaw Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	20 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
23 Dorito Loco Walking Taco w/Salsa Green Beans Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	24 Super Cheesy Flatbread w/Marinara Sauce (**) Side Salad Fresh Fruit of the Day Jello Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	25 French Toast Sticks Turkey Sausage Patty Smiley Taters Fruit Cup 1% White Milk or Non-Fat Chocolate Milk 100% Apple or Orange Juice	26 Munchable Lunchable Box (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	27 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

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
Please feel free to contact sara.lacourse@tvcs.org with any questions you may have or if you would like to put a restriction on your child's account.**

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