

**GRADES K - 3 LUNCH MENU**

**SEPTEMBER**

**AVAILABLE ON A DAILY BASIS: Chef Salad, Garden Salad\*\*, PBJ Lunch Box\*\*, Tootie Fruite Gluten Free Lunch Box; contains Chex Honey Nut Cereal, yogurt & string cheese (all items are served w/choice of vegetable and/or fruit of the day, assorted milk and/or juice)**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p align="center"><b>1 Grilled Hebrew National All Beef Hot Dog</b></p> <p>Lays baked potato chips, baked beans &amp; a <b>RICE KRISPIE TREAT</b> &amp; fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>2 Taco</b></p> <p>soft shell, seasoned ground beef, cheese, salsa &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>3 Junior Captains's Basket</b></p> <p>tater tots, fish nuggets, garlic toast, coleslaw &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>4 Crispy Chicken Club Sandwich</b></p> <p>carrot dippers w/ hummus cup &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>
7	<p><b>NO SCHOOL</b></p>	<p align="center"><b>9 Chocolate Chip French Toast Dippers</b></p> <p>chicken sausage patty, smiley taters &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>10 Munchable Lunchable Box</b></p> <p>ham, cheese, crackers, carrots w/ hummus cup, craisins &amp; a <b>chocolate chip cookie</b> 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>11 Homestyle Chicken Tenders</b></p> <p>mashed potato fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>
<p align="center"><b>14 Buffaburger w/Cheese</b></p> <p>baked potato chips baked beans &amp; fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>15 Mini Chicken Corn Dogs</b></p> <p>w/Sun Chips, carrot dippers w/ ranch &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>16 Crispy Chicken Sandwich</b></p> <p>celery sticks w/ hummus cup &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>17 Macho Nacho</b></p> <p>seasoned ground beef, cheese salsa, tortilla chips &amp; cinnamon apples 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>18 Cheese Pizza (**)</b></p> <p>side salad &amp; fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>
<p align="center"><b>21 Chicken &amp; Waffles</b></p> <p>Homestyle chicken tenders &amp; waffles w/ maple syrup, baked beans &amp; warm country apples 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>22 Munchable Lunchable Box</b></p> <p>turkey, cheese, crackers, carrot dippers w/ hummus cup, craisins &amp; a chocolate chip cookie 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>23 Spaghetti &amp; Meatballs</b></p> <p>side salad fruit cup &amp; a chocolate pudding cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>24 Popcorn Chicken Bowl</b></p> <p>popcorn chicken, corn, cheese, mashed potato, country gravy, garlic toast &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>25 Cheesy Stuffed Breadsticks (**)</b></p> <p>marinara sauce, steamed carrots &amp; fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>
<p align="center"><b>28 Stuffed Crust Pepperoni Pizza</b></p> <p>side salad a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>29 Grilled Hebrew National All Beef Hot Dog</b></p> <p>Lays baked potato chips, baked beans &amp; a <b>RICE KRISPIE TREAT</b> &amp; fresh fruit of the day 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>	<p align="center"><b>30 Taco</b></p> <p>soft shell, seasoned ground beef, cheese, salsa &amp; a fruit cup 1% White -or- non-fat chocolate milk 100% apple -or- orange juice</p>		

**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 [sara.lacourse@tvcs.org](mailto:sara.lacourse@tvcs.org) with any questions you may have or if you would like to put a restriction on your child's account.

For information regarding our meal charge limit, please refer to our "Meal Charge Policy" under the Food Service link on our website: [www.tvcs.org](http://www.tvcs.org).

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