

Breakfast Menu

TCA



october 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pan Dulce(80) Apple Jacks w/ Granola(50) Whole Fruit 2(130) Whole Fruit (Nectarine)(130) 1% White Milk(91) Fat Free White Milk(39)
4 Whole Grain Bagel w/ Cream Cheese(100) Cereal w/ Honey Grahams (30) Whole Fruit (130) Orange(130) 1% White Milk(91) Fat Free White Milk(39)	5 Mini Blueberry Pancakes(60) Apple Jacks w/ Cinnamon Grahams(50) Orange(110) Whole Fruit (Nectarine)(110) 1% White Milk(77) Fat Free White Milk(33)	6 Mantecada Sweet Bread(70) Frosted Flakes w/ Strawberry Grahams(40) Pear(110) Whole Fruit 2(110) 1% White Milk(77) Fat Free White Milk(33)	7 Breakfast Cheese Tamale(60) Froot Loops w/ Cinnamon Grahams(50) Whole Fruit (110) 100% Fruit Juice (110) 1% White Milk(77) Fat Free White Milk(33)	8 Pineapple Empanada(50) Apple Jacks w/ Granola(50) Craisins(100) Whole Fruit 2(100) 1% White Milk(70) Fat Free White Milk(30)
11 Chocolate Chip Muffin Flat (60) Cereal w/ Honey Grahams (60) Whole Fruit (120) Orange(120) 1% White Milk(84) Fat Free White Milk(36)	12 Bean & Cheese Burrito(70) Apple Jacks w/ Cinnamon Grahams(50) Orange(120) Whole Fruit (Nectarine)(120) 1% White Milk(84) Fat Free White Milk(36)	13 Mango Bar(40) Frosted Flakes w/ Strawberry Grahams(70) Apple Sauce(110) Whole Fruit 2(110) 1% White Milk(77) Fat Free White Milk(33)	14 Egg & Cheese Sandwich (50) Froot Loops w/ Cinnamon Grahams(60) Whole Fruit (110) 100% Fruit Juice (110) 1% White Milk(77) Fat Free White Milk(33)	15 Mini Soybutter & Jelly Sandwich(60) Apple Jacks w/ Granola(50) Craisins(110) Whole Fruit 2(110) 1% White Milk(77) Fat Free White Milk(33)
18 Coffee Cake(80) Cereal w/ Honey Grahams (30) Whole Fruit (110) Orange(110) 1% White Milk(77) Fat Free White Milk(33)	19 Mini Banana Pancakes (50) Apple Jacks w/ Cinnamon Grahams(60) Orange(110) Whole Fruit (Nectarine)(110) 1% White Milk(77) Fat Free White Milk(33)	20 Fruit Yogurt Parfait Granola(80) Frosted Flakes w/ Strawberry Grahams & Fruit(30) Pear(110) 1% White Milk(77) Fat Free White Milk(33)	21 Chicken & Waffle w/ Syrup(50) Froot Loops w/ Cinnamon Grahams(60) Whole Fruit (110) 100% Fruit Juice (110) 1% White Milk(77) Fat Free White Milk(33)	22 Strawberry Muffin(50) Apple Jacks w/ Granola(50) Craisins(100) Whole Fruit 2(100) 1% White Milk(70) Fat Free White Milk(30)
25 Cinnamon Delight(50) Cereal w/ Honey Grahams (60) Whole Fruit (110) Orange(110) 1% White Milk(77) Fat Free White Milk(33)	26 Mini Maple Pancakes(70) Apple Jacks w/ Cinnamon Grahams(40) Orange(110) Whole Fruit (Nectarine)(110) 1% White Milk(77) Fat Free White Milk(33)	27 Cranberry Oatmeal Round(100) Apple Sauce(100) Whole Fruit 2(100) 1% White Milk(70) Fat Free White Milk(30)	28 Chicken Sausage & Pancake w/ Syrup(40) Froot Loops w/ Cinnamon Grahams(70) Whole Fruit (110) 100% Fruit Juice (110) 1% White Milk(77) Fat Free White Milk(33)	29 Pan Dulce(90) Apple Jacks w/ Granola(20) Craisins(110) Whole Fruit 2(110) 1% White Milk(77) Fat Free White Milk(33)

MENU SUBJECT TO CHANGE WITHOUT NOTICE
 Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
 This institution is an equal opportunity provider.



Lunch Menu

october 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Beef, Bean & Cheese Burrito(40) Soybutter & Jelly Sandwich 2(40) Mixed Green Salad w/ Ranch(60) 100% Fruit Juice 3(80) 1% White Milk(16) Fat Free Chocolate Milk(56)</p>
4	5	6	7	8

<p>Beef Chili Cheese Fries w/ Cinnamon Chips(40) Cheddar Cheeseburger w/ Oven Baked Fries(80) Italian Combo Sandwich w/ Side of Baked Fries(20) Pear(105) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>	<p>Chicken Teriyaki w/ Yakisoba Noodles(30) Beef Nachos w/ Tortilla Chips(100) Turkey Ham & Cheese Croissant w/ Baby Carrots(15) Baby Carrots(109) 100% Fruit Juice (145) 1% White Milk(29) Fat Free Chocolate Milk(102)</p>	<p>Chicken Nuggets & Mash(40) Turkey & Cheese Sandwich on Hawaiian Roll w/ Baby Carrots(20) Pinto Bean Salad(36) Banana(48) 1% White Milk(12) Fat Free Chocolate Milk(42)</p>	<p>Baked Ziti w/ Meat Sauce(40) Buffalo Chicken Salad w/ Wheat Crackers (20) Baby Carrots 2(45) Orange(45) 1% White Milk(12) Fat Free Chocolate Milk(42)</p>	<p>Beef, Bean & Cheese Burrito(40) Chicken Salad Sandwich (20) House Salad w/ Italian(45) Apple(45) 1% White Milk(12) Fat Free Chocolate Milk(42)</p>
<p>11</p> <p>Chicken Patty Burger w/ Oven Baked Fries (60) Cheddar Cheeseburger w/ Oven Baked Fries(80) Pear(105) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>	<p>12</p> <p>Cheese Lasagna w/ Tomato Basil Sauce (15) Beef Nachos w/ Tortilla Chips(100) Turkey Ham & Cheese Croissant w/ Baby Carrots(25) Baby Carrots(105) 100% Fruit Juice (140) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>	<p>13</p> <p>Build Your Own Turkey Tacos w/ Refried Beans & Tortillas(30) Chicken Nuggets & Mash(80) Mexican Chicken Salad w/ Tortilla Chips(30) Jicama & Bean Salad w/ Tajin Dressing(84) Banana(112) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>	<p>14</p> <p>Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges(80) Baked Ziti w/ Meat Sauce(40) Buffalo Chicken Salad w/ Wheat Crackers (20) Baby Carrots 2(105) Orange(105) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>	<p>15</p> <p>Mac & Cheese w/ Whole Grain Cookie(60) Beef, Bean & Cheese Burrito(60) Chicken Taco Salad w/ Nacho Chips(20) Kale & Green Apple Salad w/ Ranch(105) Apple(105) 1% White Milk(28) Fat Free Chocolate Milk(98)</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>

Honey-Mustard Grilled
Chicken Sandwich w/
Oven Baked Fries(60)
Cheeseburger w/ Oven
Baked Fries(60)
Italian Combo Sandwich
w/ Side of Baked Fries(20)
Pear(105)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

Turkey Chili w/ Original
Popped Chips(40)
Beef Nachos w/ Tortilla
Chips(80)
Turkey Ham & Cheese
Croissant w/ Baby
Carrots(20)
Baby Carrots(105)
100% Fruit Juice (140)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

Orange Chicken w/ Not-
So-Fried Rice(20)
Chicken Nuggets &
Mash(90)
Turkey & Cheese
Sandwich on Hawaiian
Roll w/ Baby Carrots(30)
Sweet Edamame
Salad(84)
Banana(112)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

Baked Ziti w/ Meat
Sauce(40)
Buffalo Chicken Salad w/
Wheat Crackers (20)
Baby Carrots 2(45)
Orange(45)
1% White Milk(12)
Fat Free Chocolate
Milk(42)

Hamburger w/ BBQ
Popped Chips (60)
Beef, Bean & Cheese
Burrito(80)
Lettuce, Tomato, Pickle
Kit(105)
Apple(105)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

25

Beef Hot Dog on WG Bun
w/ Oven Baked Fries(50)
Cheeseburger w/ Oven
Baked Fries(75)
Italian Combo Sandwich
w/ Side of Baked Fries(15)
Pear(105)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

26

Chicken Tamale w/ Mixed
Vegetables (60)
Beef Nachos w/ Tortilla
Chips(80)
Baby Carrots(105)
100% Fruit Juice (140)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

27

Chicken Alfredo Pasta w/
Steamed Broccoli &
Holiday Cookie(60)
Chicken Nuggets &
Mash(80)
Tuscan White Bean
Salad(84)
Banana(112)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

28

BBQ Meatballs w/
Seasoned Potato Wedges
& Dinner Roll(20)
Baked Ziti w/ Meat
Sauce(60)
Buffalo Chicken Salad w/
Wheat Crackers (20)
Baby Carrots 2(75)
Orange(75)
1% White Milk(20)
Fat Free Chocolate
Milk(70)

29

Chicken Enchiladas w/
Red Sauce (30)
Beef, Bean & Cheese
Burrito(80)
Chicken Salad Sandwich
(30)
Mixed Green Salad w/
Ranch(105)
Apple(105)
1% White Milk(28)
Fat Free Chocolate
Milk(98)

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Saturday

Sunday

2

3

9

10





