

Breakfast Menu

september 2021

TCA, TCHS & LCHS



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Cranberry Oatmeal Round(80) Frosted Mini Wheats w/ Strawberry Grahams(30) Apple Sauce(110) Whole Fruit 2(55) 1% White Milk(83) Fat Free White Milk(11)</p>	<p>2</p> <p>Chicken Sausage & Pancake w/ Syrup(100) Froot Loops w/ Cinnamon Grahams(20) Whole Fruit (60) 100% Fruit Juice 2(120) 1% White Milk(90) Fat Free White Milk(12)</p>	<p>3</p> <p>Pan Dulce(100) Apple Jacks w/ Granola(20) Green Apple(120) Whole Fruit 2(60) 1% White Milk(90) Fat Free White Milk(12)</p>
6	<p>7</p> <p>Mini Blueberry Pancakes(120) Apple Jacks w/ Cinnamon Grahams(20) Orange(140) Whole Fruit (140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>8</p> <p>Mantecada Sweet Bread(60) Frosted Mini Wheats w/ Strawberry Grahams(70) Pear(130) Whole Fruit 2(130) 1% White Milk(117) Fat Free White Milk(13)</p>	<p>9</p> <p>Breakfast Cheese Tamale(120) Froot Loops w/ Cinnamon Grahams(20) Whole Fruit (140) 100% Fruit Juice 2(140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>10</p> <p>Pineapple Empanada(100) Apple Jacks w/ Granola(30) Green Apple(130) Whole Fruit 2(130) 1% White Milk(117) Fat Free White Milk(13)</p>
13	<p>14</p> <p>Bean & Cheese Burrito(80) Apple Jacks w/ Cinnamon Grahams(50) Orange(130) Whole Fruit (130) 1% White Milk(117) Fat Free White Milk(13)</p>	<p>15</p> <p>Mango Bar(40) Frosted Mini Wheats w/ Strawberry Grahams(80) Apple Sauce(120) Whole Fruit 2(120) 1% White Milk(108) Fat Free White Milk(12)</p>	<p>16</p> <p>Egg & Cheese Sandwich (120) Froot Loops w/ Cinnamon Grahams(20) Whole Fruit (140) 100% Fruit Juice 2(140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>17</p> <p>Mini Soybutter & Jelly Sandwich(60) Apple Jacks w/ Granola(60) Green Apple(120) Whole Fruit 2(120) 1% White Milk(108) Fat Free White Milk(12)</p>
20	<p>21</p> <p>Mini Banana Pancakes (80) Apple Jacks w/ Cinnamon Grahams(50) Orange(130) Whole Fruit (130) 1% White Milk(117) Fat Free White Milk(13)</p>	<p>22</p> <p>Fruit Yogurt Parfait Granola(120) Frosted Mini Wheats w/ Strawberry Grahams(20) Pear(140) Whole Fruit 2(140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>23</p> <p>Chicken & Waffle w/ Syrup(80) Froot Loops w/ Cinnamon Grahams(60) Whole Fruit (140) 100% Fruit Juice 2(140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>24</p> <p>Strawberry Muffin(70) Apple Jacks w/ Granola(60) Green Apple(130) Whole Fruit 2(130) 1% White Milk(117) Fat Free White Milk(13)</p>
27	<p>28</p> <p>French Toast(110) Apple Jacks w/ Cinnamon Grahams(30) Orange(140) Whole Fruit (140) 1% White Milk(126) Fat Free White Milk(14)</p>	<p>29</p> <p>Cranberry Oatmeal Round(70) Frosted Mini Wheats w/ Strawberry Grahams(50) Apple Sauce(120) Whole Fruit 2(120) 1% White Milk(108) Fat Free White Milk(12)</p>	<p>30</p> <p>Chicken Sausage & Pancake w/ Syrup(80) Froot Loops w/ Cinnamon Grahams(50) Whole Fruit (130) 100% Fruit Juice 2(130) 1% White Milk(117) Fat Free White Milk(13)</p>	

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

September 2021



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		1	2	3	4	5	
		Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie HS(20) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(30) Tuscan White Bean Salad(50) Banana(50) Whole Fruit(50) 1% White Milk(5) Fat Free Chocolate Milk(45)	BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll(80) Baked Ziti w/ Meat Sauce & Dinner Roll(60) Turkey Chipotle Wrap(10) Hummus & Cheese Wrap w/ Veggie Dipper(2) Baby Carrots(152) Orange(52) Whole Fruit(76) 1% White Milk(15) Fat Free Chocolate Milk(14)	Chicken Enchiladas w/ Red Sauce (60) Beef, Bean & Cheese Burrito(40) Turkey Ham & Cheese Croissant (60) Cheese Enchiladas w/ Red Sauce(2) Mixed Green Salad w/ Ranch(11) Whole Fruit(81) 100% Fruit Juice 3(162) 1% White Milk(16) Fat Free Chocolate Milk(122)			
6	7	8	9	10	11	12	
	Chicken Teriyaki w/ Chow Mein Noodles HS(20) Beef Nachos w/ Tortilla Chips(140) Italian Combo Sandwich (10) Baby Carrots(170) 100% Fruit Juice (170) Whole Fruit(170) 1% White Milk(17) Fat Free Chocolate Milk(153)	Meatloaf Mash & Gravy & Dinner Roll(20) Chicken Nuggets & Mash w/ Cheez Its Crackers(100) Chicken Salad Sandwich w/ Baby Carrots HS(10) Double Cheese Sandwich w/ Veggie Dipper HS (5) Pinto Bean Salad(235) Banana(235) Whole Fruit(235) 1% White Milk(24) Fat Free Chocolate Milk(212)	Chicken Burrito Bowl w/ Whole Grain Dessert (80) Baked Ziti w/ Meat Sauce & Dinner Roll(120) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(20) Hummus & Cheese Wrap w/ Veggie Dipper(5) Baby Carrots(225) Orange(225) Whole Fruit(225) 1% White Milk(23) Fat Free Chocolate Milk(203)	Meatball Sub Sandwich(60) Beef, Bean & Cheese Burrito(60) Soybutter & Ahi Sandwich w/ Cucumber (2) Bean & Cheese Burrito(50) House Salad w/ Italian(172) Whole Fruit(172) 100% Fruit Juice 3(172) 1% White Milk(17) Fat Free Chocolate Milk(155)			
13	14	15	16	17	18	19	
Chicken Patty Burger w/ Oven Baked Fries (130) Cheeseburger w/ Oven Baked Fries(100) Vegetarian Burger w/ Oven Baked Fries(5) Baby Carrots(235) Apple(235) Whole Fruit 2(235) 1% White Milk(24) Fat Free Chocolate Milk(212)	Cheese Lasagna w/ Tomato Basil Sauce & Dinner Roll(20) Beef Nachos w/ Tortilla Chips(200) Double Cheese Sandwich w/ Fruitable Juice(5) Baby Carrots(235) 100% Fruit Juice (225) Whole Fruit(225) 1% White Milk(23) Fat Free Chocolate Milk(203)	Build Your Own Turkey Tacos w/ Refried Beans & Tortillas(40) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(140) Double Cheese Sandwich w/ Veggie Dipper HS (2) Jamaica & Bean Salad w/ Tain Dressing(182) Banana(182) Whole Fruit(182) 1% White Milk(18) Fat Free Chocolate Milk(164)	Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges HS(130) Baked Ziti w/ Meat Sauce & Dinner Roll(40) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(10) Baby Carrots(180) Orange(180) Whole Fruit(180) 1% White Milk(18) Fat Free Chocolate Milk(162)	Mac & Cheese w/ Whole Grain Dessert (60) Beef, Bean & Cheese Burrito(90) Soybutter & Ahi Sandwich 2(30) Kale & Green Apple Salad w/ Ranch(180) Whole Fruit(180) 100% Fruit Juice 3(180) 1% White Milk(18) Fat Free Chocolate Milk(162)			
20	21	22	23	24	25	26	
Cheeseburger w/ Oven Baked Fries(60) Turkey Croissant Sandwich w/ Oven Baked Fries(40) Vegetarian Cheeseburger w/ Oven Baked Fries(2) Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries(80) Baby Carrots 2(182) Apple(182) Whole Fruit 2(182) 1% White Milk(18) Fat Free Chocolate Milk(164)	Turkey Chili w/ Original Popped Chips(30) Beef Nachos w/ Tortilla Chips(140) Bean & Cheese Nachos w/ Original Popped Chips(2) Baby Carrots(172) 100% Fruit Juice (172) Whole Fruit(172) 1% White Milk(17) Fat Free Chocolate Milk(155)	Orange Chicken w/ "Not So Fried" Rice HS(40) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(130) Plant Based Chicken Teriyaki w/ "Not-So-Fried" Rice HS(2) Sweet Edamame Salad(172) Banana(172) Whole Fruit(172) 1% White Milk(17) Fat Free Chocolate Milk(155)	Spaghetti & Meatballs HS(100) Baked Ziti w/ Meat Sauce & Dinner Roll(40) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(40) Cheesy Spaghetti HS(2) Baby Carrots(182) Orange(182) Whole Fruit(182) 1% White Milk(18) Fat Free Chocolate Milk(164)	Hamburger w/ BBQ Popped Chips (100) Beef, Bean & Cheese Burrito(80) Vegetarian Burger w/ BBQ Popped Chips (2) Lettuce, Tomato, Pickle Kit(182) Whole Fruit(182) 100% Fruit Juice 3(182) 1% White Milk(18) Fat Free Chocolate Milk(164)			
27	28	29	30				
Beef Hot Dog w/ Oven Baked Fries (80) Cheeseburger w/ Oven Baked Fries(60) Turkey Croissant Sandwich w/ Oven Baked Fries(20) Plant-Based Chicken Tenders w/ Oven Baked Fries(2) Baby Carrots 2(162) Apple(162) Whole Fruit 2(81) 1% White Milk(16) Fat Free Chocolate Milk(122)	Chicken Tamale w/ Mixed Vegetables (40) Beef Nachos w/ Tortilla Chips(120) Cheese Tamale w/ Mixed Vegetables(5) Baby Carrots(165) 100% Fruit Juice (165) Whole Fruit(83) 1% White Milk(17) Fat Free Chocolate Milk(124)	Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie HS(40) Chicken Nuggets w/ Mashed Potatoes & Cheez Its Crackers HS(130) Chicken Salad Sandwich w/ Baby Carrots HS(20) Tuscan White Bean Salad(40) Banana(190) Whole Fruit(190) 1% White Milk(19) Fat Free Chocolate Milk(171)	BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll(80) Baked Ziti w/ Meat Sauce & Dinner Roll(80) Chicken & Cheese Pita Sandwich w/ Cucumber Slices(40) Baby Carrots(200) Orange(200) Whole Fruit(200) 1% White Milk(20) Fat Free Chocolate Milk(180)				

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