

TOIS October 2017

Our menus are aligned with the USDA's Healthy Hunger Free Kids Act.

Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers
 Tuesday – Mini Pancakes or Hot Breakfast Sandwich
 Wednesday – Whole Grain Breakfast Pastry
 Thursday – Breakfast Pizza
 Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

10/2 Pepperoni and Cheese Stuffed Sandwich with Fries	10/3 Chicken in a Basket with Biscuit and Potato Wedges	10/4 Mac and Cheese with Roll and Green Beans	10/5 Popcorn Chicken Stir fry over Rice with Mixed Vegetables	10/6 Hand Tossed Pizza with Side Salad
10/9 Columbus Day	10/10 Chicken Nuggets with Roll and Fries	10/11 Pasta and Meatballs with Roll and Broccoli	10/12 Walking Nachos with Rice and Beans	10/13 Big Daddy's Bold Pizza with Tossed Salad
10/16 Chicken or Cheese Quesadilla with Waffle Fries	10/17 Crispy Chicken Bowl with Gravy, Mashed Potatoes and Corn	10/18 Baked Ziti with Roll and Roasted Vegetables	10/19 Jumbo Popcorn Chicken with Dipping Sauces and Baked Beans	10/20 Big Daddy's Pizza with Side Salad
10/23 Mozzarella Sticks with Marinara and Glazed Carrots	10/24 Chicken Tenders with Roll and Smile Fries	10/25 Pasta and Meatballs with Roll and Broccoli	10/26 Chicken and Waffles Steamed Peas	10/27 Hand Tossed or French Bread Pizza with Side Salad
10/30 Pancakes and Sausage with Carrots	10/31 Poppin' Popcorn Chicken with Roll and Fries			All meals include a trip through our Thrive Garden Bar & Milk



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals

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EVERYDAY CHOICES

Turkey Sandwich
Daily Specials and Weekly Specials

All sandwiches served on WW Rolls, side salad and a trip through the Thrive Garden Bar. Vegetarian options offered daily.



EVERYDAY CHOICES

Flame Broiled Beef Patty, Chicken & Daily Specials

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All sandwiches served on WW buns, hot vegetable & a trip through the Thrive Garden Bar. Vegetarian options offered daily.



WEEKLY CHOICES

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Week #1 Turkey Club Salad or Ham and Cheese Sandwich or Bagel Boat

Week #2 Crispy Chicken Salad or Tuna Salad Sandwich or Cereal Boat

Week #3 Chicken Caesar Wrap or Chef Salad w/roll or Cheese and Cracker Box

Week #4 Grille Chicken Salad or Italian Hoagie or Pretzel Boat

Week#5 Garden Salad with Cheese and Roll or Turkey and Cheese or Popcorn Chicken Bento

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Vegetarian

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

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Smart Pick

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or call (800) 795-3373 (voice) or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.