



TOIS 2019 March

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
Wednesday – Whole Grain Mini Cinni Pastry
Thursday – Benefit Bar
Friday – WG Muffin and Graham Crackers
* Warm Bagels Daily
All Breakfasts come with Fruit and 1% or Skim Milk

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|  | |  | Questions or concerns: Please contact Jacqueline.wagner@ Sodexo.com | 3/1 Big Daddy Pizza Side Salad |
| 3/4 Maple Pancakes with Bacon Sweet Fries | 3/5 Crispy Chicken Sticks w/roll Tator Tots | 3/6 Homemade Baked Ziti Steamed Broccoli | 3/7 Cheese Quesadilla&Salsa Black Beans | 3/8 No School for Students In-service for Teachers |
| 3/11 Mozzarella Sticks w/marinara Baby Carrots & Dip | 3/12 Chicken Tender Mashed Potatoes | 3/13 Meatball Hoagies French Fries | 3/14 Baked Chicken Nuggets w/roll Vegetarian Beans | 3/15 Big Daddy Pizza Side Salad |
| 3/18 French Toast Sticks & Sausage Hash Browns | 3/19 Chicken in a Basket Waffle Fries | 3/20 Rotini Pasta and Meat Sauce w/roll Steamed Broccoli | 3/21 Nacho's Spanish Beans | 3/22 Big Daddy Pizza Side Salad |
| 3/25 Cheese Stuffed Breadsticks & Sweet Fries | 3/26 Roasted Chicken w/roll Smile Fries | 3/27 Mozzarella Sticks Broccoli Dippers | 3/28 Twin Taco's Black Beans | 3/29 Big Daddy Pizza Side Salad |



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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See Daily Entrée Selections above.
All entrees served with a Milk,
Vegetable and Fruit or Juice



EVERYDAY CHOICES
Flame Broiled Beef Burgers,
Chicken Patties, Hotdogs,
Cheese Steaks & BBQ Riblettes



WEEKLY CHOICES
Week #1 : Tuna Sub or Crispy Chicken Caesar Salad or Deli Bento Box
Week #2 : Turkey Club s/w or Chef Salad or Cereal Bag
Week #3 : Italian Sub or Grilled Chicken Salad or Pretzel Bag
Week #4 : Turkey & Cheese s/w or Garden Salad or Yogurt Bag
Week #5 : Ham & Cheese Sub or Turkey Club Salad or Bagel Bag
Available Daily : Turkey & Cheese & Peanut Butter & Jelly

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Vegetarian

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Smart Pick

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.

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.