

TOIS September 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

All meals include a trip through our Thrive Garden Bar & Milk				9/1
9/4 Labor Day	9/5 Teacher In-Service	9/6 Teacher In-service	9/7 Walking Nachos with Rice and Beans	9/8 Big Daddy's Bold Pizza with Tossed Salad
9/11 Chicken or Cheese Quesadilla with Waffle Fries	9/12 Crispy Chicken Bowl with Gravy, Mashed Potatoes and Corn	9/13 Baked Ziti with Breadstick and Roasted Vegetables	9/14 Jumbo Popcorn Chicken with Dipping Sauces and Refried Beans	9/15 Big Daddy's pizza with Side Salad
9/18 Mozzarella Sticks with Marinara and Glazed Carrots	9/19 Chicken Tenders with Roll and Smile Fries	9/20 Pasta and Meatballs with Roll and Broccoli	9/21 School Closed	9/22 School Closed
9/25 Pancakes and Sausage with Sweet Potato Bites	9/26 Poppin' Popcorn Chicken with Roll and Fries	9/27 Pasta with Meat Sauce and Roll and Broccoli	9/28 Nachos Supreme with Refried Beans	9/29 Cheese Pizza with Side Tossed 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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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 Asian Chicken Salad or Ham and Cheese

Week #2 Chicken Salad Sandwich or Chicken Caesar Salad

Week #3 Chicken Caesar Wrap or Chef Salad

Week #4 Antipasto Salad or Italian Hoagie

Week #5 Crispy Chicken Salad or Turkey and Cheese

Include a trip through the Thrive Garden Bar and Whole Grain Product

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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 20250-9413 or call (800) 795-3373 (voice) or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.