

Lunch Menu

December 2021

(Menu subject to change without notice)

	Adult	TCHS	TGS	Reduced
Breakfast	\$2.25	\$0.00	\$0.00	\$0.00
Lunch	\$4.00	\$0.00	\$0.00	\$0.00
Extra Milk	\$0.50	\$0.50	\$0.50	



All meals are served with milk

All PreK meals & snacks served 1% white milk

Daily Veggie Bar

- Romaine Lettuce
- Tomatoes
- Broccoli
- Baby Carrots
- Ranch Salad Dressing

All Grain Based products are at least 51% whole grain rich.

Applications for Free/Reduced lunch benefits are available at the TCHS, TGS and District Offices.

This institution is an equal opportunity provider.

TCHS – Could choose a Sub Sandwich as an alternative to the entrée.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Alfredo Green Beans Oatmeal Cookie Vegetable Bar Fresh Fruit	2 TCHS: Ham & Cheese Pocket TGS: Ham & Cheese Sandwich Potato Wedges Celery Sticks Vegetable Bar Canned Fruit	3 Country Style Beef Pattie WGR Roll & Jelly Mashed Potatoes & Gravy Vegetable Bar Canned Fruit
6 TCHS: Spaghetti w/Meat Sauce TGS: Goulash Garlic Bread Green Beans Vegetable Bar Canned Fruit	7 Taco Salad Tortilla Chips & Salsa Red Bell Pepper Strips Refried Beans Cinnamon Roll Vegetable Bar Fresh Fruit	8 Pig in a Blanket Tater Tots Broccoli w/Cheese Vegetable Bar Canned Fruit	9 Hamburger on a Bun Oven Fries Lettuce & Tomato Slice Corn Vegetable Bar Fresh Fruit	10 Chicken & Noodles WW Roll & Honey Mashed Potatoes Vegetable Bar Canned Fruit
13 TCHS: Mini Meatball Sub TGS: Chicken Patty Sandwich Ranch Potato Wedges Vegetable Bar Canned Fruit	14 Grilled Cheese Tater Tots Vegetable Bar Fresh Fruit WGR Chocolate Chip Cookie	15 Frito Pie Refried Beans Corn Vegetable Bar Canned Fruit	16 TCHS: Pizza Pocket TGS: Pepperoni Pizza WGR Breadstick w/Marinara Green Beans Vegetable Bar Fresh Fruit	17 Chicken Strips WW Roll & Jelly Mashed Potatoes Vegetable Bar Canned Fruit
20 Sliced Ham Mashed Potatoes & Gravy Green Beans WW Roll Cookie	21 Sandwich WGR Chips Carrots Apple Cookie	22 23 24 No School - Christmas Break		
27	28	29	30	31
No School - Christmas Break				

Meals will be Free to all Students during the 2021-22 school year. Payment will be required for any extra items or single milks.