

September 2017
Elementary Lunch Menu



Breakfast Meal Price \$1.75
 Lunch Meal Price: \$3.25
 Extra milk 1% or Non-fat White: \$0.50



Monday Tuesday Wednesday Thursday Friday

Salad Bar Options are offered **Tuesday, Thursday and Friday's** with each menu entree. Options may include fresh leafy greens, fresh vegetables, fruits, beans, cheese, hard boiled eggs and more.

Milk and fresh seasonal fruit offered daily with each entree.



Fruit Nutritionals



Milk Nutritionals

What Makes a Lunch
 Select 3-5 Components

Milk Grain Fruit
 Veggies Protein

One must be a
 Fruit AND/OR Veggies

4 HOLIDAY-NO SCHOOL

5 Street Pork Tacos
 Turkey Tacos
 Spicy Refried Beans
 Spanish Rice
 Nacho Cheese Sauce
 Tortilla Chips

NEW!

6 Tahoe Burger
 Tahoe Cheeseburger
 Baked Potato Tots

7 UNO'S Cheese Pizza
 UNO's Uncured Pepperoni Pizza

NEW!

8 Beef Lasagna
 Garlic Bread
 Turkey & Cheese Slider

11 Toasted Cheese Sandwich
 Sun Butter Sandwich

12 Chicken Taco Filling
 Beef Taco Filling
 Black Bean Salad

NEW!

13 WG Corn Dog
 Seasoned Curly Fries
 Fresh Coleslaw

All Schools Minimum Day

14 UNO'S Cheese Pizza
 UNO's Uncured Pepperoni Pizza

NEW!

15 Sweet Chili Thai Chicken
 Brown Rice
 Roasted Broccoli
 Edamame

18 Baked Potato Bar
 Cheese Stick
 Whole Grain Roll

19 Street Pork Tacos
 Turkey Tacos
 Spicy Refried Beans
 Nacho Cheese Sauce

20 Tahoe Burger
 Tahoe Cheeseburger
 Baked Potato Tots
 Jicama with chili & lime

21 UNO'S Cheese Pizza
 UNO's Uncured Pepperoni Pizza

NEW!

22 Beef Lasagna
 Garlic Bread
 Turkey & Cheese Slider

25 Toasted Cheese Sandwich
 Sun Butter Sandwich

26 Chicken Taco Filling
 Beef Taco Filling
 Black Bean Salad
 Tortilla Chips

27 WG Corn Dog
 Seasoned Curly Fries
 Fresh Coleslaw

28 UNO'S Cheese Pizza
 UNO's Uncured Pepperoni Pizza

NEW!

29 Chicken & Waffles
 Celery Sticks



Mark your calendars!
Taco/Nacho Tuesday's!
 Every Tuesday, taco bar offerings will include fresh made meat fillings and sides
Thursday's are Pizza Days!
 New pizza options include:
 -UNO's hand tossed whole grain, low sodium cheese pizza.
 -UNO's hand tossed whole grain, low sodium pepperoni pizza made with nitrate free, uncured pepperoni!

Visit www.ttusdhealthymeals.org

Unexpected menu changes may occur due to availability and weather.

This institution is an equal opportunity provider.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.