

September 2017

Middle & High School Lunch Menu

Breakfast Meal Price \$1.75
 Lunch Meal Price: \$3.50
 1%, Non-Fat and Non-Fat Chocolate Milk offered daily
 \$0.50

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Salad Bar Options are offered DAILY with each menu entree. Options may include fresh leafy greens, fresh vegetables, fruits, beans, cheese, hard boiled eggs and more.</p> <p>Milk and fresh seasonal fruit offered daily with each entree.</p>		 <p>Milk Nutritionals</p>	 <p>Salad Bar nutrition; offered daily</p>	<p>1 Chicken & Cheese Quesadilla Tahoe Cheeseburger Fresh Coleslaw</p>
<p>4 HOLIDAY-NO SCHOOL</p> 	<p>5 Street Pork Tacos Turkey Tacos Beef Tamale Spanish Rice Spicy Refried Beans Nacho Cheese Sauce Tortilla Chips</p>	<p>6 Tahoe Cheeseburger Tahoe Burger Pulled Pork Sandwich Baked Potato Tots Fresh Coleslaw</p>	<p>7 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Baked Ziti</p> <p>NEW!</p>	<p>8 Beef Lasagna Garlic Bread Turkey & Cheese Slider</p>
<p>11 Toasted Cheese Sandwich Egg & Cheese Burrito Roasted Potatoes</p> 	<p>12 Chicken Tacos Beef Taco Filling Beef Tamale Spanish Rice Nacho Cheese Sauce Tortilla Chips Black Bean Salad</p> <p>NEW!</p>	<p>13 WG Corn Dog Chicken Tenders Seasoned Curly Fries Fresh Coleslaw</p> <p>NEW!</p> <p>All Schools Minimum Day</p>	<p>14 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Spaghetti & Meat Sauce Garlic Bread</p> <p>NEW!</p>	<p>15 Sweet Chili Thai Chicken Edamame Kung Pao Chicken Brown Rice Roasted Broccoli Edamame</p>
<p>18 Baked Potato Bar Cheese Stick Whole Grain Roll Green Chili Tamale</p> 	<p>19 Street Pork Tacos Turkey Tacos Beef Tamale Spicy Refried Beans Spanish Rice Nacho Cheese Sauce Tortilla Chips</p>	<p>20 Tahoe Cheeseburger Tahoe Burger Pulled Pork Sandwich Baked Potato Tots Fresh Coleslaw</p>	<p>21 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Baked Ziti</p> <p>NEW!</p>	<p>22 Beef Lasagna Garlic Bread Turkey & Cheese Slider</p>
<p>25 Toasted Cheese Sandwich Egg & Cheese Burrito Roasted Potatoes</p> 	<p>26 Chicken Tacos Beef Soft Tacos Nacho Cheese Sauce Beef Tamale Black Bean Salad</p>	<p>27 WG Corn Dog Chicken Tenders Seasoned Curly Fries Fresh Coleslaw</p>	<p>28 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Spaghetti & Meat Sauce Garlic Bread</p> <p>NEW!</p>	<p>29 Herb Roasted Chicken Dutch Waffle Tahoe Cheeseburger</p>



Key enhancement to School meals include an increase in the availability of fruits, vegetables, whole grains, and fat-free and low-fat fluid milk in our meals. We are also reducing in the levels of sodium, saturated fat and eliminating added trans fat. Building a healthier plate can help you meet your nutrient needs and maintain your weight. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories.

Visit www.ttusdhealthymeals.org
 Need to reach Food & Nutrition Services?
 Please contact us at 530-582-2529
 email food@ttusd.org

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.

This institution is an equal opportunity provider.

Unexpected menu changes may occur due to availability and weather.