

OCTOBER

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



Fruit Nutritionals

100% Vegetable Juice Nutrition offered Tues & Fri

Monday	Tuesday	Wednesday	Thursday	Friday
2 TEACHER IN-SERVICE DAY NO SCHOOL! 	3 Street Pork Tacos Chicken Tacos Whole Grain Tortillas Chicken Tamales Tortilla Chips Spanish Rice Jalapeno Cheese Sauce SALAD BAR OFFERED DAILY WITH EVERY ENTREE	4 Mandarin Orange Chicken Teriyaki Chicken Brown Rice Roasted Broccoli	5 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Baked Ziti	6 Tahoe Burger Tahoe Cheeseburger Chicken Sub Baked Curly Fries Fresh Coleslaw
9 Spaghetti Garlic Bread Green Chili Tamale 	10 Beef Tacos Turkey Tacos Whole Grain Tortillas Beef Tamales Spanish Rice Tortilla Chips Jalapeno Cheese Sauce	11 Breakfast Burrito Eggs with Bacon & Cheese Breakfast Potatoes Black beans Cream Cheese Bagel & Yogurt Sunbutter Bagel & Yogurt All Schools Minimum Day	12 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Chicken Tenders Garlic Bread	13 Herb Roasted Chicken Buttermilk Biscuit Turkey & Cheese Slider Mashed Potatoes
16 Tomato Basil Soup Garlic Bread Egg & Cheese Burrito 	17 Street Pork Tacos Chicken Tacos Whole Grain Tortillas Chicken Tamales Spanish Rice Tortilla Chips Jalapeno Cheese Sauce	18 Edamame Kung Pao Chicken Sweet Chili Thai Chicken Brown Rice Roasted Broccoli	19 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Baked Ziti	20 Tahoe Burger Tahoe Cheeseburger Chicken Sub Baked Waffle Cut Fries Fresh Coleslaw
23 Spaghetti Garlic Bread Green Chili Tamale Crouton, WG 	24 Turkey Tacos Whole Grain Tortillas Beef Tamales Spanish Rice Tortilla Chips Jalapeno Cheese Sauce	25 Edamame Kung Pao Chicken Sweet Chili Thai Chicken Brown Rice Roasted Broccoli	26 UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Chicken Tenders Garlic Bread	27 Herb Roasted Chicken Buttermilk Biscuit Turkey & Cheese Slider Mashed Potatoes
30 Tomato Basil Soup Garlic Bread Egg & Cheese Burrito 	31 Pumpkin Mousse Street Pork Tacos Chicken Tacos Whole Grain Tortillas Chicken Tamales Spanish Rice Tortilla Chips Jalapeno Cheese Sauce	Middle schools - minimum day all week		

Salad Bar Daily Nutrition

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.



Milk Nutritionals

Milk and fresh seasonal fruit offered daily with each entree.

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