



Milk and a Fruit will be served each day at Breakfast!

Monday

Tuesday

Wednesday

Thursday

Friday

**Parents**

- \* Free-Reduced lunch applications are available year round.
- \* Parents may re-apply if they have a change in income.
- Applications are available year round**
- \* From your cafeteria manager
- \* In the School Office
- \* On the TCS-Child Nutrition web page.

**Milk, along with Fresh Fruit and/or Fruit Juice is served each day at Lunch!**

<p>1</p> <p><b><u>French Toast Sticks</u></b> Stromboli BBQ Pork Sandwich Steamed Veggies, Squash Sweet Potatoes Peaches</p>	<p>2</p> <p><b><u>Quesadilla</u></b> Chuck Wagon Chicken &amp; Rice Bake Broccoli Baked Beans, Corn Fruit Mix, Cookie</p>	<p>3</p> <p><b><u>Mini Cinnis</u></b> Sub Sandwich Chicken Fillet Sandwich Tossed Salad Corn, Baked Beans Cherry Cobbler</p>
<p>6</p> <p><b><u>Powdered Donut Holes</u></b> Hot Dog, Hamburger Veggie Beans Slaw, Potato Wedges Tossed Salad Applesauce</p>	<p>7</p> <p><b><u>Sausage Roll</u></b> Scrambled Eggs, Sausage Patty French Toast Swirl Breakfast Potatoes Steamed Broccoli Strawberries &amp; Cream</p>	<p>8</p> <p><b><u>Waffle</u></b> Chicken Nuggets Pizza Tossed Salad Potato Wedges Baked Apples, Cookie</p>
<p>13</p> <p><b><u>Pop Tart</u></b> Pizza Steak Nuggets Corn, Green Beans Broccoli Cherry Cobbler</p>	<p>14</p> <p><b><u>Sausage Biscuit</u></b> Chicken Fillet Beef &amp; Macaroni Potato Wedge Vegetarian Beans, Corn Peaches, Cookie</p>	<p>15</p> <p><b><u>Omelet</u></b> Baked Chicken Baked Ham Vegetarian Beans Breaded Okra Tossed Salad, Roll Apple Cobbler</p>
<p>20</p> <p><b><u>No School</u></b></p> 	<p>21</p> <p><b><u>Sausage Roll</u></b> Chicken Nuggets Pizza Corn Tossed Salad Vegetarian Beans Peach Cobbler</p>	<p>22</p> <p><b><u>Omelet</u></b> Baked Chicken Salisbury Steak Tossed Salad Sweet Potato Casserole Squash, Roll Peaches</p>
<p>27</p> <p><b><u>Whole Wheat Donut</u></b> Steak Nuggets Chicken Fillet Black Eyed Peas Broccoli Breaded Okra Peach Cobbler</p>	<p>28</p> <p><b><u>Sausage Biscuit</u></b> Stromboli, Chicken Nuggets Veggie Beans Steamed Broccoli, Squash Fruit Cup Cookie</p>	<p>29</p> <p><b><u>French Toast Sticks</u></b> Baked Chicken Salisbury Steak Tossed Salad, Roll Steamed Veggies Sweet Potatoes Peaches, Cookie</p>



**FAMILIES MAKING THE CONNECTION**

**Refocus Your Refrigerator**

**More Matters.** Put fruits and veggies front and center and ready-to-eat. Cut up a variety of produce when you get back from the store or market. Perfect for easy, smart snacking!

**Delicious Dairy.** Stock up on 1% or fat-free milk, low-fat or fat-free yogurt and low-fat cheese.

**Powerful Proteins.** Choose fish, skinless chicken breasts, lean ground turkey, lean deli meats or lean cuts of beef or pork.

**Flavor Savors.** Keep on hand low-fat or fat-free varieties of dressings. Kick up the flavor with other low-fat options, like salsa, mustard or horseradish. Give hummus a try.

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