



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.

		1 Fresh Fruit w/ Milk	2 Animal Crackers w/ Juice	3 Grahams w/ Juice
6 Cereal w/ Milk	7 Cheese Crackers w/ Juice	8 Fresh Fruit w/ Milk	9 Chex Mix w/ Juice	10 Fruit Cup w/ Milk
13 Animal Crackers w/ Milk	14 Fruit Cup w/ Milk	15 Fresh Fruit w/ Milk	16 Animal Crackers w/ Juice	17 Grahams w/ Milk
20 No School 	21 Fruit Cup w/ Milk	22 Fresh Fruit w/ Milk	23 Chex Mix w/ Juice	24 Fruit Cup w/ Milk
27 Cereal w/ Milk	28 Cheese Crackers w/ Juice	29 Fresh Fruit w/ Milk	<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</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.