

# SEPTEMBER | 2019



## TCTC Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Labor Day No School	<b>3</b> Chicken Nuggets Carrot and Celery Sticks Dinner Roll Fruit Choice of Milk	<b>4</b> Hot Dog Fries Baked Beans Fruit Choice of Milk	<b>5</b> Salisbury Steak Mashed Potatoes with Gravy Green Beans Dinner Roll Fruit Choice of Milk	<b>6</b> Waiver Day No School
<b>9</b> Papa John's Pizza Romaine Salad with Croutons Fruit Choice of Milk	<b>10</b> Popcorn Chicken Bowl Dinner Roll Corn Fruit Choice of Milk	<b>11</b> Corn Dog Hash Browns Baked Beans Fruit Choice of Milk	<b>12</b> Teriyaki Chicken over Rice Sugar Snap Peas Fruit Choice of Milk	<b>13</b> Mac and Cheese Peas Roll Fruit Choice of Milk
<b>16</b> French Bread Pizza w/ Sauce Broccoli Fruit Choice of Milk	<b>17</b> Chicken Patty Sandwich Honey Glazed Carrots Fruit Choice of Milk	<b>18</b> Meatball Sub Spinach Salad with Croutons Fruit Choice of Milk	<b>19</b> Cheese Quesadilla Black Bean and Corn Salsa/Sour Cream Fruit Choice of Milk	<b>20</b> BBQ Rib Sandwich Carrot and Celery Sticks with Ranch Dressing Fruit Choice of Milk
<b>23</b> Papa John's Pizza Romaine Salad with Croutons Fruit Choice of Milk	<b>24</b> Orange Chicken over Brown Rice Sugar Snap Peas Fruit Choice of Milk	<b>25</b> Rotini Pasta w/ Meat Sauce Garlic Bread Green Beans Fruit Choice of Milk	<b>26</b> Chicken and Gravy over Mashed Potatoes Dinner Roll Corn Fruit Choice of Milk	<b>27</b> Calzone w/ Marinara Sauce Broccoli Fruit Choice of Milk
<b>30</b> Bosco Sticks with Sauce Romaine Salad with Crouton Fruit Choice of Milk	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

### News

Lunch Prices:  
Regular- \$2.85  
Reduced- \$.40

Alternative Entrees:  
Yogurt and Cheese  
Stick  
PB&J Sandwich  
Chef Salad  
Cold Sandwich

There is a daily Salad  
Bar available as an  
alternate for your lunch.

All meals must contain  
a fruit or vegetable  
choice.

WELCOME BACK!!!!!!!

*Please turn in all lunch  
applications to Mr.  
Ramsey as soon as  
possible.*

*This institution is an  
equal opportunity  
provider.*