

# Menu

TLC is NUT FREE – PLEASE do not send in food items with Peanuts/Tree Nuts (v): On days that we have meat, we will always have plain pasta or veggies.

Feel free to bring an alternative protein for your child.

Fresh fruit may be substituted depending on the season and availability.

Picky eaters...please bring an alternative lunch labeled and dated!



**Lunch**  
**September 28–**  
**October 2**

**Monday Tuesday Wednesday Thursday Friday**

|                                         |                                   |                                     |                                                 |                                         |
|-----------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|
| Cheese<br>Pizza,<br>Vegetables,<br>Milk | Chicken, Fries,<br>Corn, and Milk | Ravioli,<br>Vegetables,<br>and Milk | Meatballs,<br>Pasta,<br>Vegetables,<br>and Milk | Cheese<br>Pizza,<br>Vegetables,<br>Milk |
|-----------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|

**Lunch**  
**October**  
**5–9**

**Monday Tuesday Wednesday Thursday Friday**

|                                         |                                   |                                |                                             |                                         |
|-----------------------------------------|-----------------------------------|--------------------------------|---------------------------------------------|-----------------------------------------|
| Cheese<br>Pizza,<br>Vegetables,<br>Milk | Chicken, Fries,<br>Corn, and Milk | Pasta<br>Primavera<br>and Milk | Chicken<br>Parm,<br>Vegetables,<br>and Milk | Cheese<br>Pizza,<br>Vegetables,<br>Milk |
|-----------------------------------------|-----------------------------------|--------------------------------|---------------------------------------------|-----------------------------------------|

**Lunch**  
**October**  
**12–16**

**Monday Tuesday Wednesday Thursday Friday**

|                                                                                                      |                                   |                                     |                                                 |                                         |
|------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|
| <b>CLOSED</b><br> | Chicken, Fries,<br>Corn, and Milk | Ravioli,<br>Vegetables,<br>and Milk | Meatballs,<br>Pasta,<br>Vegetables,<br>and Milk | Cheese<br>Pizza,<br>Vegetables,<br>Milk |
|------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|

**Lunch**  
**October**  
**19–23**

**Monday Tuesday Wednesday Thursday Friday**

|                                         |                                   |                                |                                             |                                         |
|-----------------------------------------|-----------------------------------|--------------------------------|---------------------------------------------|-----------------------------------------|
| Cheese<br>Pizza,<br>Vegetables,<br>Milk | Chicken, Fries,<br>Corn, and Milk | Pasta<br>Primavera<br>and Milk | Chicken<br>Parm,<br>Vegetables,<br>and Milk | Cheese<br>Pizza,<br>Vegetables,<br>Milk |
|-----------------------------------------|-----------------------------------|--------------------------------|---------------------------------------------|-----------------------------------------|

**Lunch**  
**October**  
**26–30**

**Monday Tuesday Wednesday Thursday Friday**

|                                         |                                   |                                     |                                                 |                                         |
|-----------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|
| Cheese<br>Pizza,<br>Vegetables,<br>Milk | Chicken, Fries,<br>Corn, and Milk | Ravioli,<br>Vegetables,<br>and Milk | Meatballs,<br>Pasta,<br>Vegetables,<br>and Milk | Cheese<br>Pizza,<br>Vegetables,<br>Milk |
|-----------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------------------|-----------------------------------------|

## Weekly Breakfast Offerings

Cereal  
Pancakes  
French Toast  
Waffles  
Bagels

All breakfast accompanied with  
Milk and Fresh Fruit

## Weekly Morning Snack Offerings

Cheese/Crackers  
Applesauce  
Yogurt with Fruit  
Pudding with Fruit  
Nutrigrain Bar  
Muffins

## Weekly Afternoon Snack Offerings

Pretzels  
Cheese Puffs  
Nilla Wafers  
Goldfish  
Cheez its  
Fruit