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!

TEACHING LITTLE CHILDREN

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch November 2-6	Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Ravioli, Vegetables, and Milk	Meatballs, Pasta, Vegetables, and Milk	Cheese Pizza, Vegetables, Milk
Lunch November 9-13	Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Pasta Primavera and Milk UPK CLOSED- TLC OPEN	Chicken Parm, Vegetables, and Milk	Cheese Pizza, Vegetables, Milk
Lunch November 16-20	Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Ravioli, Vegetables, and Milk	Meatballs, Pasta, Vegetables, and Milk	Cheese Pizza, Vegetables, Milk
Lunch November 23-27	Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Pasta Primavera and Milk	CLOSED Happy Thanksgiving	
Lunch November 30- December 4	Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Ravioli, Vegetables, and Milk	Meatballs, Pasta, Vegetables, and Milk	Cheese Pizza, Vegetables, 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