

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
November
3-7**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza, Vegetables, Milk	Chicken Fries, Corn and Milk	Ravioli, Veggie Sticks, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk	Cheese Pizza, Vegetables, Milk

**Lunch
November
10-14**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza, Vegetables, Milk	Chicken Fries, Corn and Milk	Chicken, Vegetables, and Pasta, Milk	Meatballs, Pasta, Vegetables, and Milk	Cheese Pizza, Vegetables, Milk

**Lunch
November
17-21**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza, Vegetables, Milk	Chicken Fries, Corn and Milk	Broccoli & Chicken Pasta Peas/ Carrots, and Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk	Cheese Pizza, Vegetables, Milk

**Lunch
November
24-28**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza, Vegetables, Milk	Chicken Fries, Corn and Milk	Chicken, Vegetables, and Pasta, Milk	 Thanksgiving	 Thanksgiving

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