

# 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!

**Breakfast**

**Monday Tuesday Wednesday Thursday Friday**

Cereal, Milk, and Fresh Fruit	Pancakes, French Toast, or Waffles, Milk, and Fresh Fruit	Cereal, Milk, and Fresh Fruit	Bagels, Milk, and Fresh Fruit	Cereal, Milk, and Fresh Fruit
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**Lunch  
September  
4-8**

**Monday Tuesday Wednesday Thursday Friday**

<b>CLOSED</b> 	Grilled Chicken, Vegetables, and Pasta, Milk	Brunch for Lunch!	Chicken fries, Corn, and Milk	Cheese Pizza, Corn, Milk
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**Lunch  
September  
11-15**

**Monday Tuesday Wednesday Thursday Friday**

Pasta with Sauce, and Milk	Cheese Pizza, Corn, Milk	Grilled Chicken, Vegetables, and Pasta, Milk	Cheese Pizza, Corn, Milk	Cheese or Bologna Sandwich, Milk
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**Lunch  
September  
18-22**

**Monday Tuesday Wednesday Thursday Friday**

Cheese Pizza, Corn, Milk	Chicken, Fries, and Milk	Brunch for Lunch!	Meatballs, Pasta, Broccoli and Carrots, and Milk	Cheese Pizza, Corn, Milk
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**Lunch  
September  
25-29**

**Monday Tuesday Wednesday Thursday Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Brunch for Lunch!	Cheese Pizza, Corn, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk	Cheese Pizza, Corn, Milk
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**Brookside and ALL UPK CLOSED**

## 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