

# 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 July 11-15**

**Monday Tuesday Wednesday Thursday Friday**

Chicken, Vegetables, and Pasta, Milk	Cheese Pizza, Corn, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk	Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken fries, Corn, and Milk
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**Lunch July 18-22**

**Monday Tuesday Wednesday Thursday Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken, fries, Corn, and Milk	Sandwich on Whole Wheat, Veggie Sticks, and Milk	Chicken, Vegetables, and Pasta, Milk	Cheese Pizza, Corn, Milk
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**Lunch July 25-29**

**Monday Tuesday Wednesday Thursday Friday**

Cheese Pizza, Corn, Milk	Chicken, Vegetables, and Pasta, Milk	Meatballs and Pasta, Broccoli and Carrots, Milk	Chicken, fries, Corn, and Milk	Mac and Cheese Broccoli or Peas/ Carrots, and Milk
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**Lunch August 1-5**

**Monday Tuesday Wednesday Thursday Friday**

Chicken, fries, Corn, and Milk	Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Fish Sticks, Peas and Carrots, and Milk	Cheese Pizza, Corn, Milk	Chicken, Vegetables, and Pasta, Milk
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## 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