

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 June 16-20

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
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Lunch June 23-27

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
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Lunch June 30- July 4

Monday Tuesday Wednesday Thursday Friday

Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken, Vegetables, and Pasta, Milk	Sorry We're CLOSED Fourth of July
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Lunch July 7-11

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
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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