

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 May 19-23

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Meatballs, Baked Ziti, Vegetables, Milk	Ravioli, Veggie Sticks, Milk	Cheese Pizza, Vegetables, Milk
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Lunch May 26-30

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

 Memorial Day	Taco Tuesday	Ravioli, Veggie Sticks, Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk
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Lunch June 2-6

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Cheese Pizza, Vegetables, Milk	Chicken, Vegetables, and Pasta, Milk	Cheese Pizza, Vegetables, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk
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Lunch June 9-13

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Cheese Pizza, Vegetables, Milk	Taco Tuesday	Meatballs, Baked Ziti, Vegetables, Milk	Chicken, Fries, Corn, 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