

SEPTEMBER | 2019



Tinora JH & HS

"USDA in an equal opportunity provider and employer."

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

NO SCHOOL

3

French Toast w/ Syrup
Sausage
Hash brown
Raw Veggies w/ dip
Juice/HS extra fruit

Grilled Chicken Salad Meal

4

Breaded Chicken Sandwich
French Fries
Cauliflower w/ dip
Pears

BBQ Chicken Quesadillas

5

Taco Thursday
Lettuce & Cheese
Sour Cream & Salsa
Corn / Pineapple
Teddy Grahams

Burrito

6

Choice of Pizza
Romaine salad w/ dressing
Peas
Applesauce
Snack

9

Chicken Nuggets
w/ BBQ Sauce
Tater Tots
Cherry Tomatoes
Breadstick / Pears

Fish Sandwich

10

Hot Dog
Chili & Cheese
Baked Beans
Carrots w/ dip
Peaches

Grilled Chicken Salad Meal

11

Hamburger
Pickles
French Fries
Raw Veggies w/ dip
Grapes

Chimichanga w/ Queso

12

Grilled Cheese
Tomato Soup
Crackers
Applesauce
Super Donut

BBQ Chicken Sandwich

13

Choice of Pizza
Green Beans
Broccoli w/ dip
Mandarin oranges
Cookie

16

Chicken Strips
w/ BBQ Sauce
Potato Wedges
Pineapple
Garlic Toast

BBQ Pork Riblet Sandwich

17

Nachos w/ cheese
Steamed Broccoli
Pretzel
Carrots w/ dip
Applesauce

Grilled Chicken Salad Meal

18

Turkey & Cheese Sub
w/mayo
French Fries
Cherry Tomatoes
Pears

Pizza Burger Sandwich

19

Chicken & Noodles
Mashed Potatoes
Rolls
3 Bean Salad
Fruited Jello

Pork Chop

20

Homemade Pizza
Romaine salad w/ dressing
Cauliflower w/ dip
Banana
Cheez-it crackers

23

Popcorn Chicken
w/ BBQ Sauce
Cheetos or Fries
Carrots w/ dip
Breadstick / Applesauce

Hot Beef Sandwich

24

French Toast w/ syrup
Sausage
Hash brown
Raw Veggies w/ dip
Juice/HS extra fruit

Grilled Chicken Salad Meal

25

Hamburger
Pickles
French Fries
Broccoli w/ dip
Peaches

Pork Fritter Sandwich

26

Mini Corn Dogs
Baked Beans
Raw Veggies w/ dip
Orange Wedges

Spicy Chicken Sandwich

27

Pizza Sticks w/ Marinara
Or Choice of Pizza
Celery w/ PB cup
Apple
Elf grahams

30

Scrambled Eggs
Bacon & Toast
Starz
Carrots w/ dip
Peaches

Fiestada

1

2

3

4

News

Choice of Milk:
Chocolate
Strawberry
White
Skim

Lunch

Adult	3.75
7-8	2.90
9-12	3.00
Reduced	0.40
Milk	0.60

Daily Ala Carte options:

PB & J
Muffins
Salads
Cookies
Chips
Ice cream treats
Gatorade
ICE drinks
Apple juice
Propel
Water

Menu subject to change