


November 2009 TCAPS Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Mini Pancakes with Sausage & Fruit Cup	4 ☺ Chicken Caesar Wrap	5 ♥ ☺ *Pasta with Marinara & Breadstick	6 ☺ Ham & Cheese Wrap
9 ☺ Hotdog on a Bun with Baked Beans	10 ☺ Cheeseburger with Sweet Potato Fries	11 ♥ Chili with Breadstick	12 School Thanksgiving Dinner (No Alternate)	13 ½ day of school
16 ♥ *Macaroni & Cheese	17 ♥ Baked Chicken with Roasted Squash	18 ♥ ☺ *Vegetabl e Fried Rice with Eggroll	19 ♥ ☺ Ham & Cheese Wrap Sandwich	20 Cinnamon French Toast
23 ☺ Chicken Patty Sandwich	24 Hungry Howie's Pizza	25 No School	26  Happy Thanksgiving	27 No School
Alternate Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Crunchy Beef Tacos	♥ ☺ Turkey Sub Sandwich	♥ ☺ *Cheese Pizza	☺ Chicken Nuggets with Oven Fries	♥ *Baked Potato Bar

Menu Symbols

♥ ≤35% calories from fat * meatless entrée ☺ whole grain 🍎 locally grown

Each day a full food bar with fresh fruits and vegetables, grains, lean proteins and cheese is offered as a full reimbursable meal or supplement to the above menus items. ½ pints of skim, 1% white and chocolate milk are also available daily.

For entrée description, nutritional analysis, food allergen content of foods served, and "Food of the Month" information visit the TCAPS

Foodservice website:

www.tcaps.net