



January

2020

Tuckahoe HS/MS school Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>Available Daily: -Ham/Turkey &/or Cheese Sandwich -LF Yogurt Fruit Parfait -4 oz. Juice -Baby Carrots -Tossed Salad -Assorted Fruits -Bagel w Butter or Cream Cheese - RF String Cheese Pasta with sauce Baked fries Chicken nuggets</p> <p>Milk Choice: -1% White Milk -Fat Free Chocolate Iced coffee</p> <p>Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines.</p> <p>-Meat/Meat Alternative -Whole Grain item -Fruit choice -Vegetable choice -Milk choice</p> <p>Grades K-12 must chose at least 3, up to 5, of the above mentioned food items. One of the choices MUST be a fruit or a vegetable.</p> <p>*Please note ham is a pork product.*</p>
		1	2 Nacho with meat and cheese Meatballs sub Corn Orange	3 Meat lover calzone Jamaican patty Baked fries Green beans Fresh fruit	
6 Chicken wrap with ranch dressing Pizza stick Cauliflower Pear	7 Brunch for Lunch French toast stick Sausage Corn dog Green beans Applesauce	8 Spaghetti and meat sauce Beef taco Carrots Fresh apple	9 Baked ziti Chipotle Chicken patty on WG bun Corn Fresh Fruit	10 Chili frank Backyard hamburger on WG bun Onion rings Steamed Broccoli Fresh Fruit	
13 Mac and cheese Jamaican patty Rice Corn Apple	14 Chicken stir fry Rice Special pizza Broccoli Apple	15 Brunch for Lunch French toast stick Sausage Bbq chicken Applesauce Red kidney beans	16 Nachos with cheese Pasta and pesto sauce Carrots Fresh Pears	17 Mozzarella sticks Corn dog Green beans Apple	
20 SCHOOL CLOSED	21 Bacon, egg and cheese melt Spaghetti and meat sauce Onion rings Fruit cocktail	22 Brunch for Lunch French toast stick Sausage Tater tots Boneless wings Applesauce	23 Grilled cheese Turkey taco Red kidney beans Tomato soup Apple Slices	24 Chicken drumsticks Disco fries Broccoli Orange	
27 Jamaican patty Baked ziti Green beans Apple	28 Meatballs hero pizza sticks w/Sauce zucchini Fruit cup	29 Mac and cheese Bacon and cheese chicken patty Baked French fries Applesauce	30 Brunch for Lunch French toast stick Sausage Boneless wings Corn Applesauce	31 Chipotle chicken Calzone Tater tots Carrots Orange	

Meal Price: \$2.85 Reduced Price: \$.25 Adult Lunch Price: \$3.78+tax
 Milk \$.60 PREPAID LUNCHESES AVAILABLE

Menus are subject to change without notice.



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