

Tonawanda High School Lunch Menu



December 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choice of Milk Available with Lunch:
 Low-Fat White, Fat Free White, Fat Free Chocolate
Entrees Available Daily
 Pizza: Cheese & Specialty
 Deli Bar with an Assortment of Subs & Wraps
 Hamburger & Cheeseburger
 Peanut Butter & Jelly or Cheese Sandwich
 All Breads and Grains are Whole Grain Rich



1
 Early Release
 Grades 6-12
 Parent – Teacher
 Conferences

2
 Boneless Chicken Strip
 Sandwich
 w/ Honey Mustard Ranch
 Broccoli or
 Carrot Coins
 Fresh Fruit or Mixed Fruit

5
Rajun Cajun Burger
 Sweet Green Peas
 or Zucchini
 Fresh Fruit or Mandarin
 Oranges

6
 BBQ Pulled Turkey
 Sandwich
 Broccoli
 or Corn Nibblits
 Fresh Fruit or
 Pears

7
Grilled Cheese Sandwich
 Tomato Soup and Carrots
 Fresh Fruit or
 Applesauce

8
 Taco in a Bag
 w/ Rice & Toppings
 Zesty Garbanzo Beans
 or Green Beans
 Fresh Fruit or Peaches

9
**Meatball Bomber
 w/ Mozzarella Cheese**
 Romaine Salad
 or Lima Beans
 Fresh Fruit or
 Assorted Mixed Fruit

Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.

12
 Bacon Cheese Burger
 w/Lettuce & Tomato
 Sweet Potatoes or
 Baked Beans
 Fresh Fruit or Pineapple

13
Buffalo Chicken Sub
 Steamed Broccoli or
 Carrot Coins
 Fresh Fruit or Strawberry
 Cups

14
Holiday Brunch
 French Toast Sticks
 & Syrup w/Sausage
 Baked Tater Tots or
 Fresh Cucumber Slices
 Cinnamon Apple Slices
 Assorted Chilled Juice

15
 Chicken Fajitas
 w/ Rice & Salsa
 Fresh Celery Sticks
 or Green Beans
 Fresh Fruit or Diced Pears

16
**Cheesy Breadsticks
 w/ Dipping Sauce**
 Romaine Salad or
 Corn Nibblits
 Fresh Fruit or
 Assorted Mixed Fruit

19
**Philly Steak Sub
 w/ Peppers & Onions**
 Carrot Coins
 or Broccoli
 Fresh Fruit or
 Mandarin Oranges

20
**Spaghetti & Meatsauce
 w/Garlic Toast**
 Tossed Romaine Salad
 or Brussel Sprouts
 Fresh Fruit or Peaches

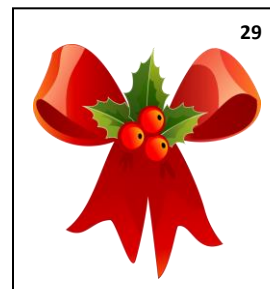
21
**BBQ Rib Sandwich
 w/ Coleslaw**
 Baked Tater Tots
 or Fresh Cucumber Slices
 Fresh Fruit or Applesauce

22
**Tacos
 w/Toppings & Salsa**
 Steamed Cauliflower or
 Vegetarian Beans
 Fresh Fruit or Pears

23
**Chicken Sandwich
 w/ Sriracha Ranch
 Dressing**
 Green Peas or
 Mixed Vegetables
 Fresh Fruit or
 Assorted Mixed Fruit



28
**WINTER
 Recess
 No School**



30
**Happy
 New Year!**

Meal Components:

Protein, Grain, Fruit
 Vegetables & Milk

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