



**Tonawanda  
High School  
Lunch Menu 9-12  
June 2018**

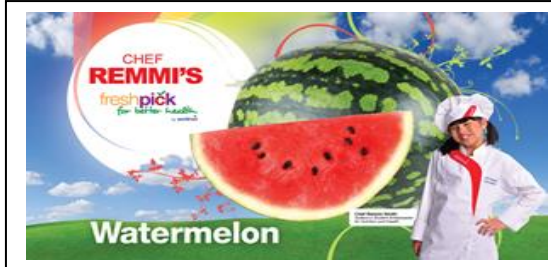
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



1

**Philly Beef Sub  
w/ Melted Mozzarella**

Tossed Romaine Salad  
or Cauliflower

Fresh Fruit or  
Assorted Mixed Fruit

4

**Chicken Fajita Quesadilla  
w/ Toppings**

Corn Niblets  
or Green Beans

Fresh Fruit or  
Mandarin Oranges

5

**Chicken Patty  
Parmesan**

Tossed Romaine Salad  
or Mixed Vegetables

Fresh Fruit or Peaches

6

**Meatball Sub**

Baked Tater Tots or  
Carrot Sticks

Fresh Fruit or  
Applesauce

7

**Taco in a Bag  
w/ Rice**

Veggie Beans  
or Brussel Sprouts

Fresh Fruit or Pears

8

**Breadsticks  
w/ Dipping Sauce**

Broccoli or  
Steamed Carrots

Fresh Fruit or Mixed Fruit

11

**Trio Basket  
(Chicken Nuggets,  
Mozzarella Sticks & Pizza  
Strip)**

Broccoli or  
Mixed Vegetables

Fresh Fruit or Pineapple

12

13

14

15

**Regents Exams**

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

18

19

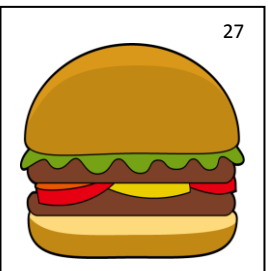
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21

22

**Staff  
Development  
Day**

**Regents Exams**



28

**USDA and this  
institution are equal  
opportunity  
providers and  
employers.**



**Choice of Milk Available with Lunch:**  
Low-Fat White, Fat Free White, Fat Free Chocolate

**Entrees Available Daily**

Fast Take Sandwiches, Specialty Pizza, Salads  
Peanut Butter & Jelly or Cheese Sandwich  
Baby Carrots (1/4 c)

**All Breads and Grains are Whole Grain Rich**

