

Tonawanda High School Lunch Menu



March 2017



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

<p><u>Choice of Milk Available with Lunch:</u> Low-Fat White, Fat Free White, Fat Free Chocolate</p> <p><u>Entrees Available Daily</u> Cheese & Specialty Pizza Assortment of Deli Subs & Wraps Julienne or Chef Salads Hamburgers & Cheeseburgers Peanut Butter & Jelly or Cheese Sandwich</p>	<p>1</p> <p>Fishwich on a Bun w/ Pasta Salad</p> <p>Baked French Fries or Mixed Vegetables</p> <p>Applesauce or Fresh Fruit</p>	<p>2</p> <p>Chicken Quesadilla w/ Salsa & Toppings</p> <p>Broccoli or Corn Niblets</p> <p>Fresh Fruit or Pears</p>	<p>3</p> <p>3 Cheese French Bread Pizza</p> <p>Carrot Coins or Green Beans</p> <p>Fresh or Mixed Fruit</p>	
<p>6</p> <p>Bacon Cheeseburger</p> <p>Carrot Coins or Broccoli</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p>7</p> <p>Pasta & Meatsauce with Garlic Toast</p> <p>Tossed Romaine Salad or Green Beans</p> <p>Fresh Fruit or Peaches</p>	<p>8</p> <p>BBQ Rib Sandwich</p> <p>Crispy Tater Tots or Celery Sticks</p> <p>Applesauce or Fresh Fruit</p>	<p>9</p> <p>Tacos with Toppings & Salsa</p> <p>Steamed Cauliflower or TexMex Beans</p> <p>Fresh Fruit or Pears</p>	<p>10</p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup and Steamed Carrots</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>

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

<p>13</p> <p>BBQ Hamburger w/ Shredded Lettuce</p> <p>Roasted Zucchini or Carrot Sticks</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p>14</p> <p>Nachos Grande w/ Toppings</p> <p>Corn Niblets or Tossed Romaine Salad</p> <p>Fresh Fruit or Strawberry Cups</p>	<p>15</p> <p>Philly Cheesesteak Calzone</p> <p>Baked Oven Fries or Mixed Vegetables</p> <p>Fresh Fruit or Applesauce</p>	<p>16</p> <p>Buffalo Chicken Sub</p> <p>Broccoli or Zesty Baked Beans</p> <p>Fresh Fruit or Peaches</p>	<p>17</p> <p>Breadsticks Dippers</p> <p> W/ Sauce</p> <p>Green Beans or Carrots</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p>20</p> <p>Basket of Favorites (chicken nuggets, mozzarella sticks & pretzel)</p> <p>Baked Veggie Beans or Mixed Vegetables</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p>21</p> <p>Meatball Hoagie w/ Mozzarella</p> <p>Tossed Romaine Salad or Carrot Coins</p> <p>Fresh Fruit or Peaches</p>	<p>22</p> <p>French Toast Sticks w/ Sausage</p> <p>Baked Tater Tots or Fresh Celery Sticks</p> <p>Cinnamon Apple Slices or Chilled Juice</p>	<p>23</p> <p>BBQ Pulled Turkey Sandwich</p> <p>Broccoli or Cauliflower</p> <p>Fresh Fruit or Pears</p>	<p>24</p> <p>Macaroni & Cheese</p> <p>Sweet Potatoes or Green Beans</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p>27</p> <p>Rajun Cajun Burger</p> <p>Sweet Green Peas or Mixed Vegetables</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p>28</p> <p>Roasted Turkey & Gravy w/ Dinner Roll</p> <p>Whipped Potatoes & Gravy or Corn Niblets</p> <p>Fresh Fruit or Pears</p>	<p>29</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Oven Fries or Steamed Carrots</p> <p>Fresh Fruit or Applesauce</p>	<p>30</p> <p>Taco in a Bag w/ Rice & Salsa</p> <p>Green Beans or TexMex Beans</p> <p>Fresh Fruit or Peaches</p>	<p>31</p> <p>Grilled Cheese Sandwich</p> <p>Tomato Soup and Steamed Carrots</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>

Meal Components:

Protein, Grain, Fruit
Vegetables & Milk

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