

# Tonawanda Middle 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 &amp; Specialty Pizza Assortment of Deli Subs &amp; Wraps Julienne or Chef Salads Hamburgers &amp; Cheeseburgers Peanut Butter &amp; Jelly or Cheese Sandwich</p>	<p style="text-align: right;">1</p> <p><b>Fishwich on a Bun w/ Pasta Salad</b></p> <p>Baked French Fries or Mixed Vegetables</p> <p>Applesauce or Fresh Fruit</p>	<p style="text-align: right;">2</p> <p><b>Chicken Quesadilla w/ Salsa &amp; Toppings</b></p> <p>Broccoli or Corn Niblets</p> <p>Fresh Fruit or Pears</p>	<p style="text-align: right;">3</p> <p><b>3 Cheese French Bread Pizza</b></p> <p>Carrot Coins or Green Beans</p> <p>Fresh or Mixed Fruit</p>	
<p style="text-align: right;">6</p> <p><b>Bacon Cheeseburger</b></p> <p>Carrot Coins or Broccoli</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p style="text-align: right;">7</p> <p><b>Pasta &amp; Meatsauce with Garlic Toast</b></p> <p>Tossed Romaine Salad or Green Beans</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">8</p> <p><b>BBQ Rib Sandwich</b></p> <p>Crispy Tater Tots or Celery Sticks</p> <p>Applesauce or Fresh Fruit</p>	<p style="text-align: right;">9</p> <p><b>Tacos with Toppings &amp; Salsa</b></p> <p>Steamed Cauliflower or TexMex Beans</p> <p>Fresh Fruit or Pears</p>	<p style="text-align: right;">10</p> <p><b>Grilled Cheese Sandwich</b></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 style="text-align: right;">13</p> <p><b>BBQ Hamburger w/ Shredded Lettuce</b></p> <p>Roasted Zucchini or Carrot Sticks</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p style="text-align: right;">14</p> <p><b>Nachos Grande w/ Toppings</b></p> <p>Corn Niblets or Tossed Romaine Salad</p> <p>Fresh Fruit or Strawberry Cups</p>	<p style="text-align: right;">15</p> <p><b>Philly Cheesesteak Calzone</b></p> <p>Baked Oven Fries or Mixed Vegetables</p> <p>Fresh Fruit or Applesauce</p>	<p style="text-align: right;">16</p> <p><b>Buffalo Chicken Sub</b></p> <p>Broccoli or Zesty Baked Beans</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">17</p> <p><b>Breadsticks Dippers</b></p> <p> W/ Sauce</p> <p>Green Beans or Carrots</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p style="text-align: right;">20</p> <p><b>Basket of Favorites (chicken nuggets, mozzarella sticks &amp; pretzel)</b></p> <p>Baked Veggie Beans or Mixed Vegetables</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p style="text-align: right;">21</p> <p><b>Meatball Hoagie w/ Mozzarella</b></p> <p>Tossed Romaine Salad or Carrot Coins</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">22</p> <p><b>French Toast Sticks w/ Sausage</b></p> <p>Baked Tater Tots or Fresh Celery Sticks</p> <p>Cinnamon Apple Slices or Chilled Juice</p>	<p style="text-align: right;">23</p> <p><b>BBQ Pulled Turkey Sandwich</b></p> <p>Broccoli or Cauliflower</p> <p>Fresh Fruit or Pears</p>	<p style="text-align: right;">24</p> <p><b>Macaroni &amp; Cheese</b></p> <p>Sweet Potatoes or Green Beans</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p style="text-align: right;">27</p> <p><b>Rajun Cajun Burger</b></p> <p>Sweet Green Peas or Mixed Vegetables</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p style="text-align: right;">28</p> <p><b>Roasted Turkey &amp; Gravy w/ Dinner Roll</b></p> <p>Whipped Potatoes &amp; Gravy or Corn Niblets</p> <p>Fresh Fruit or Pears</p>	<p style="text-align: right;">29</p> <p><b>BBQ Pulled Pork Sandwich</b></p> <p>Baked Oven Fries or Steamed Carrots</p> <p>Fresh Fruit or Applesauce</p>	<p style="text-align: right;">30</p> <p><b>Taco in a Bag w/ Rice &amp; Salsa</b></p> <p>Green Beans or TexMex Beans</p> <p>Fresh Fruit or Peaches</p>	<p style="text-align: right;">31</p> <p><b>Grilled Cheese Sandwich</b></p> <p>Tomato Soup and Steamed Carrots</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>

**Meal Components:**

Protein, Grain, Fruit  
Vegetables & Milk

USDA and this institution are equal opportunity providers and employers.

