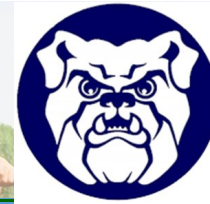


Tidioute Community Charter School

May & June 2017

9-12th Grade Lunch Menu

Kitchen Manager: Jen Leofsky
 cafeteria.tccs@tidioutecharter.com
 814-484-3550 Ext. 109



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two
 1/2 cup servings

*Fruits include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2
 cup serving

MENUS SUBJECT TO CHANGE

Students receive One Free Reimbursable Lunch Per School Day



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak in gravy w/roll Or Hot Dog on bun Steamed Corn Peaches & Milk	2 Cheese Steak Hoagie on bun Or Breaded Spicy Chicken on bun Baked Beans Pears & Milk	3 Roast Turkey in Gravy over biscuit or Deli Hoagie on bun Mashed Potatoes Banana & Milk	4 BBQ Pulled Pork on bun Or Fish Sticks w/bread slice Sweet Potatoes Mandarin Oranges & Milk	5 Macaroni & Cheese w/bread slice Or Hot Turkey & Cheese on bun Steamed Peas Pineapple Tidbits & Milk
8 Fiestada Pizza Or Buffalo Grilled Chicken on bun Steamed Green Beans Applesauce & Milk	9 Meatball Hoagie with cheese Or Chicken Strips with bread slice Steamed Broccoli Peaches & Milk	10 Brunch Lunch! French Toast sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Applesauce & Milk	11 Mexican Bowl w/ bread or Corn Dog Nuggets Steamed Corn Pears & Milk	12 ~Summer Party~ Hamburger on bun Or Hot Dogs on bun Baked Beans Watermelon, Milk & Dessert
15 Hot Turkey & Cheese on bun Or BBQ Rib on bun Steamed Carrots Mixed Fruit & Milk	16 Sweet & Sour Pork over rice w/bread slice or Breaded Chicken on bun Steamed Broccoli Applesauce & Milk	17 Popcorn Chicken Bowl w/bread or Deli Hoagie on bun Steamed Corn Banana & Milk	18 Grilled Cheese Sandwich Or Teriyaki Grilled Chicken on bun Steamed Green Beans Mandarin Oranges & Milk	19 Buffalo Chicken Alfredo w/bread Or Pepperoni Pizza Steamed Peas Peaches & Milk
22 Nat'l Vanilla Pudding Day Fiestada Pizza or Cheeseburger on bun Steamed Carrots Pineapple Tidbits & Milk Pudding for Dessert	23 Walking Taco Or Breaded Spicy Chicken on bun Steamed Carrots Pears & Milk	24 Roast Turkey in Gravy over biscuit or Deli Hoagie on bun Mashed Potatoes Banana & Milk	25 Hot Dog on bun or BBQ Grilled Chicken on bun Oven Baked French Fries Fruit & Milk	26 Hot Turkey & Cheese on bun Or Corn Dog Nuggets Baked Beans Fruit & Milk
29 Memorial Day No School	30 Pepperoni Pizza Or Chef's Choice Hot Vegetable Fruit & Milk	31 Brunch Lunch! French Toast sticks with syrup & sausage patties or Chef's Choice Oven Baked Tater Tots Fruit & Milk	6/1 BBQ Rib on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/2 Breaded Chicken on bun Or Chef's Choice Hot Vegetable Fruit & Milk
6/5 Hot Turkey & Cheese on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/6 Cheeseburger on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/7 Pepperoni Pizza Or Chef's Choice Hot Vegetable Fruit & Milk	6/8 Grilled Chicken on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/9 Assorted Chicken Specialties Or Chef's Choice Hot Vegetable Fruit & Milk
Monday Pizza OR Pack-n-Carry lunch	Tuesday Homemade Pizza or Pack-n-Carry Lunch	Wednesday Pizza OR Pack-n-Carry Lunch	Thursday Homemade Pizza or Or Pack-n-Carry Lunch	Friday Pizza OR Or Pack-n-Carry Lunch

Tidioute Community Charter School

May & June 2017

K-8th Grade Lunch Menu

Kitchen Manager: Jen Leofsky
 cafeteria.tccs@tidioutecharter.com
 814-484-3550 Ext. 109



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

***Vegetables include:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two
 1/2 cup servings

***Fruits include:**
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2
 cup serving

MENUS SUBJECT TO CHANGE

Students receive One Free Reimbursable Lunch Per School Day



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak in gravy w/roll Or Hot Dog on bun Steamed Corn Fruit cup & Milk	2 Cheese Steak Hoagie on bun Or Breaded Chicken on bun Baked Beans Pears & Milk	3 Roast Turkey in Gravy over biscuit or Deli Hoagie on bun Mashed Potatoes Banana & Milk	4 BBQ Pulled Pork on bun Or Fish Sticks w/bread slice Sweet Potatoes Mandarin Oranges & Milk	5 Macaroni & Cheese w/bread slice Or Hot Turkey & Cheese on bun Steamed Peas Pineapple Tidbits & Milk
8 Fiestada Pizza Or Buffalo Grilled Chicken on bun Steamed Green Beans Applesauce & Milk	9 Meatball Hoagie with cheese Or Chicken Strips with bread slice Steamed Broccoli Peaches & Milk	10 Brunch Lunch! French Toast sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Applesauce & Milk	11 Mexican Bowl w/ bread or Corn Dog Nuggets Steamed Corn Pears & Milk	12 ~Summer Party~ Hamburger on bun Or Hot Dogs on bun Baked Beans Watermelon, Milk & Dessert
15 Hot Turkey & Cheese on bun Or BBQ Rib on bun Steamed Carrots Mixed Fruit & Milk	16 Sweet & Sour Pork over rice w/bread slice or Breaded Chicken on bun Steamed Broccoli Applesauce & Milk	17 Popcorn Chicken Bowl w/bread or Deli Hoagie on bun Steamed Corn Banana & Milk	18 Grilled Cheese Sandwich Or Teriyaki Grilled Chicken on bun Steamed Green Beans Mandarin Oranges & Milk	19 Buffalo Chicken Alfredo w/bread Or Pepperoni Pizza Steamed Peas Peaches & Milk
22 Nat'l Vanilla Pudding Day Fiestada Pizza or Cheeseburger on bun Steamed Carrots Pineapple Tidbits & Milk Pudding for Dessert	23 Vegetable Lasagna Walking Taco Breaded Spicy Chicken on bun Steamed Carrots Pears & Milk	24 Roast Turkey in Gravy over biscuit or Deli Hoagie on bun Mashed Potatoes Banana & Milk	25 Hot Dog on bun or BBQ Grilled Chicken on bun Oven Baked French Fries Fruit & Milk	26 Hot Turkey & Cheese on bun Or Corn Dog Nuggets Baked Beans Fruit & Milk
29 Memorial Day No School	30 Pepperoni Pizza Or Chef's Choice Hot Vegetable Fruit & Milk	31 Brunch Lunch! French Toast sticks with syrup & sausage patties or Chef's Choice Oven Baked Tater Tots Fruit & Milk	6/1 BBQ Rib on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/2 Breaded Chicken on bun Or Chef's Choice Hot Vegetable Fruit & Milk
6/5 Hot Turkey & Cheese on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/6 Cheeseburger on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/7 Pepperoni Pizza Or Chef's Choice Hot Vegetable Fruit & Milk	6/8 Grilled Chicken on bun Or Chef's Choice Hot Vegetable Fruit & Milk	6/9 Assorted Chicken Specialties Or Chef's Choice Hot Vegetable Fruit & Milk
Monday Deli Sandwich or Pack-n-Carry lunch	Tuesday Pizza Munchable or Pack-n-Carry Lunch	Wednesday Deli Sandwich or Pack-n-Carry Lunch	Thursday Nachos and Cheese Munchable or Or Pack-n-Carry Lunch	Friday Deli Sandwich or Pack-n-Carry Lunch