

Tidioute Community Charter School Menu

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Director of Food & Nutrition

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Maple Waffles ***** Open Face Pizza Burger Chef Salad Peanut Butter & Jelly Sandwich Ham & Cheese Sandwich Sweet Potato Fries	2 Chocolate Mini Donuts ***** Chicken Quesadilla Chef Salad Peanut Butter & Jelly Sandwich Ham & Cheese Sandwich Steamed Corn	3 Egg & Cheese on English Muffin ***** Walking Taco w/ Bread Slice Pizza Munchable Peanut Butter & Jelly Sandwich Ham & Cheese Sandwich Garden Salad	4 Mini Cinnis ***** Fish Sticks w/ Garlic Toast Pizza Nacho Munchable Ham & Cheese Sandwich Steamed Green Beans
7 Apple Frudel ***** Grilled Chicken Patty on a Bun Peanut Butter Munchable Fruit & Yogurt Parfait Turkey & Cheese Sandwich Mixed Vegetables	8 Mini Blueberry Pancakes ***** Beef 'n Cheese Nachos w/ Bread Sl Chef Salad Peanut Butter & Jelly Sandwich Turkey & Cheese Sandwich Refried Beans	9 EASTER DINNER Soft Filled Cinnamon Toast Crunch Bar ----- Turkey with Stuffing, Gravy and Bread Slice Cranberry Sauce Peanut Butter & Jelly Sandwich Mashed Potatoes EASTER DESSERT	10 Egg & Cheese Taco ***** Chicken & Broccoli Alfredo with Bread Slice Pizza Munchable Peanut Butter & Jelly Sandwich Turkey & Cheese Sandwich Steamed Broccoli	11 Goody Ring ***** Fish Taco Pizza Nacho Munchable Turkey & Cheese Sandwich Stewed Tomatoes
14 Banana Muffin Flat ***** Sweet & Spicy BBQ Chicken Bowl Peanut Butter Munchable Fruit & Yogurt Parfait Cheeseburger on a Bun Steamed Broccoli	15 Benefit Bar ***** Beef 'n Cheese Soft Taco Chef Salad Peanut Butter & Jelly Sandwic Cheeseburger on a Bun Refried Beans	16 Fun 'n Fruity Cereal Waffle Blast ***** Macaroni & Cheese w/ Garlic Toast Chef Salad Peanut Butter & Jelly Sandwich Cheeseburger on a Bun Steamed Peas	17 EASTER BREAK BEGINS *****	18 GOOD FRIDAY ***** HAPPY EASTER!!
21 Assorted Zee Zee Bars ***** Corn Dog Nuggets Peanut Butter Munchable Fruit & Yogurt Parfait Breaded Chicken Patty on a Bun Steamed Green Beans	22 EARTH DAY Warm Mini French Toast ***** Chicken in Gravy over Biscuit Chef Salad Peanut Butter & Jelly Sandwich Breaded Chicken Patty on a Bun Mashed Potatoes "DIRT" PUDDING DESSERT	WELLNESS WEDNESDAY Soft Filled Cinnamon Toast Crunch Bar ----- Popcorn Chicken Bowl with Bread Chef Salad Peanut Butter & Jelly Sandwich Breaded Chicken Patty on a Bun Steamed Corn WW Pineapple Salsa	24 Egg & Cheese on English Muffin ***** Cheeseburger Wrap Attack Pizza Munchable Peanut Butter & Jelly Sandwich Breaded Chicken Patty on a Bun Vegetarian Beans	25 FEATURED FAVE DAY Mini Cinnis ***** BBQ Chicken Grilled Cheese Sandwich Pizza Nacho Munchable Breaded Chicken Patty on a Bun Stewed Tomatoes
28 Apple Roll ***** Chicken Nuggets with Pretzel Bites Peanut Butter Munchable Fruit & Yogurt Parfait Cheeseburger on a Bun Steamed Carrots	29 Mini Maple Waffles ***** Spaghetti w/ Meat Sauce & Bread Chef Salad Peanut Butter & Jelly Sandwich Cheeseburger on a Bun Steamed Green Beans	30 Chocolate Mini Donuts ***** BRUNCH French Toast Sticks with Sausage Patties & Syrup Chef Salad Peanut Butter & Jelly Sandwich Cheeseburger on a Bun Tatpr Tots		

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

Milk Options

1% White Milk, 1% Strawberry Milk, 1% Chocolate Milk

Fruit & Veggie Options

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber

*May choose two 1/2 cup servings
 Crisp Apple | Diced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

Alternate Menu Options

Middle/High School Addition Options Daily:

Fresh Salads
 Chicken Patty on a Bun
 Cheeseburger on a Bun
 Pizza Variety

** Menu subject to change**

This institution is an equal opportunity provider

The School 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

