## Tekonsha Indian Cafe Menu



## January 2019 Elementary Lunch

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	7	8	9	10		11
M/MA	Ravioli	Chicken Nuggets	Nachos	Sloppy Joes	Cheese Pizza	
Vegetable	Green Beans	Mashed Potatoe/Gravy	Refried Beans	Spinach Salad	Glazed Carrots	Choice of Fat Free or
Whole Grain	WG Garlic Toast	WG Roll	Spanish Rice	WG Bun		1% Milk Offered Daily
Fruit	Diced Pears	Peaches	Mandarin Oranges	Strawberries	Peach Cups	
Dairy	Milk	Milk	Milk	Milk	Milk	THIS INSTITUTION
	14	15	16	17		18 IS AN EQUAL
M/MA	Spaghetti and Meatballs	Chicken Tenders	Hot Dogs	Chicken Alfredo	Calzone	OPPORTUNITY
Vegetable	Green Beans	Potato Casserole	Baked Beans	Broccoli	Red Peppers	PROVIDER AND
Whole Grain	WG Garlic Toast		WG Bun	WG Roll		
Fruit	Diced Pears	Peaches	Mandarin Oranges	Strawberries	Pineapple Tidbits	EMPLOYER
Dairy	Milk	Milk	Milk	Milk	Milk	
	21	22	23	24		25
M/MA	Mac & Cheese	Popcorn Chicken	Mini Corn Dogs	Chicken Patty	Stromboli	
Vegetable	Peas	Tater Tots	Baked Beans	Candied Carrots	Spinach Dip and Chips	
Whole Grain	Cinnamon Roll	WG Roll	1	WG Bun		
Fruit	Diced Pears	Peaches	Mandarin Oranges	Strawberries	Pineapple Tidbits	
Dairy	Milk	Milk	Milk	Milk	Milk	
	28	29	30	31		
M/MA	Scallop Potato w/ Ham	BBQ Chicken	Hamburgers	Chicken Noodles		
Vegetable	Green Beans	Corn	Baked Beans	Broccoli		MENU SUBJECCT TO CHANGE
Whole Grain	WG Roll	WG Garlic Toast	WG Bun	WG Roll		
Fruit	Diced Pears	Peaches	Mandarin Oranges	Strawberries		
Dairy	Milk	Milk	Milk	Milk		
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	Lunch Option B					
	Monday - Sandwich	School Wellness Policy	All grain based foods	Featured Item		
	Tuesday - Chef Salad	is available for review	are Whole Grain	of the Month		
	Wednesday one Choice	in the office		Spinach		
	Thursday - Chef Salad					
	Friday - Lunchable					_