

# Tekonsha Indian Cafe Menu

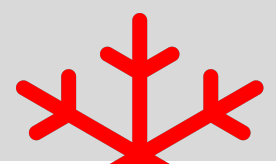


# January 2019 HS/MS Lunch

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

Choice of Fat Free or  
1% Milk Offered Daily

**THIS INSTITUTION  
IS AN EQUAL  
OPPORTUNITY  
PROVIDER AND  
EMPLOYER**



Wednesday one Choice  
Thursday - Chef Salad  
Friday - Lunchable

**in the office**

**Spinach**

