

Tekonsha Indian Cafe Menu



May 2019 Elementary Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/MA Vegetable Whole Grain Fruit Dairy			1 Nachos Refried Beans Mandarin Oranges Milk	2 Chicken Patty Corn Hawaiian Roll Strawberries Milk	3 Beef and Noodles Broccoli WG Roll Baked Apples Milk
M/MA Vegetable Whole Grain Fruit Dairy	6 Spaghetti and Meatballs Green Beans WG Garlic Toast Diced Pears Milk	7 Chicken Tenders Potato Casserole Peaches Milk	8 Hot Dogs Hummus and Chips WG Bun Mandarin Oranges Milk	9 Chicken Alfredo Carrot Salad WG Roll Strawberries Milk	10 1/2 day school sack lunch
M/MA Vegetable Whole Grain Fruit Dairy	13 Homemade Lasagna Ceasar Salad Garlic Toast Diced Pears Milk	14 Popcorn Chicken Tater Tots WG Roll Peaches Milk	15 Mini Corn Dogs Baked Beans Mandarin Oranges Milk	16 Chicken Noodles Corn Rice Strawberries Milk	17 Bosco Stick Marinara Spinach Dip N Chips Pineapple Tidbits Milk
M/MA Vegetable Whole Grain Fruit Dairy	20 Chicken Enchillada Broccoli Diced Pears Milk	21 Chicken Parmesan Roasted Red Potatoes WG Garlic Toast Peaches Milk	22 Tacos Refried Beans Mexican Rice Mandarin Oranges Milk	23 Sweet & Sour Chicken Chineese Vegetables WG Roll Strawberries Milk	24 Pizza Honey Carrots Pineapple Tidbits Milk
	27 No School Memorial Day	28 Chicken Salad Sandwich Fresh Broccoli Peaches Milk	29 Hamburgers Baked Beans WG Bun Mandarin Oranges Milk	30 Chicken Nuggets Mashed Potato/Gravy WG Roll Strawberries Milk	31 Pizza Sticks Carrots and Celery Pineapple Tidbits Milk
	Lunch Option B Monday - Sandwich Tuesday - Chef Salad Wednesday one Choice Thursday - Chef Salad Friday - Lunchable	School Wellness Policy is available for review in the office	All grain based foods are Whole Grain		

Choice of Fat Free or
1% Milk Offered Daily

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

MENU SUBJECCT TO
CHANGE



