

Tekonsha Indian Cafe Menu



December 2018 HS/MS Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/MA Vegetable Whole Grain Fruit Dairy	3 Ravioli Green Beans WG Garlic Toast Diced Pears Milk	4 Chicken Nuggets Mashed Potatoe/Gravy WG Roll Peaches Milk	5 Nachos Refried Beans Mandarin Oranges Milk	6 Sloppy Joes WG Bun Strawberries Milk	7 Cheese Pizza Broccoli Baked Apples Milk
M/MA Vegetable Whole Grain Fruit Dairy	10 Spaghetti and Meatballs Green Beans WG Garlic Toast Diced Pears Milk	11 Chicken Tenders Potato Casserole Peaches Milk	12 Hot Dogs Baked Beans WG Bun Mandarin Oranges Milk	13 Chicken Alfredo Broccoli WG Roll Strawberries Milk	14 Calzone Sweet Potato Fries Pineapple Tidbits Milk
M/MA Vegetable Whole Grain Fruit Dairy	17 Mac & Cheese Peas Cinnamon Roll Diced Pears Milk	18 Peaches Milk	19 Mini Corn Dogs Baked Beans Mandarin Oranges Milk	20 Sweet & Sour Chicken Steamed Bok Choy Rice Strawberries Milk	21 Pizza Stick Sliced Red Peppers Pineapple Tidbits Milk
M/MA Vegetable Whole Grain Fruit Dairy	22	23	24	25 CHRISTMAS	26
	29	30	31		
	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	Featured Item of the Month Cranberry	Romaine Mix Salad And Baby Carrots Available Daily

Choice of Fat Free or
1% Milk Offered Daily

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

MENU SUBJECCT TO
CHANGE