

# Tekonsha Indian Cafe Menu



# May 2019 HS/MS Lunch

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

Choice of Fat Free or  
1% Milk Offered Daily

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

MENU SUBJECT TO  
CHANGE

