

Middle School Lunch

Oct. 31 - Nov.4

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Walking Nachos with Aztec Corn
- TUESDAY** Teriyaki Pork With Steamed Rice and Sesame Carrots
- WEDNESDAY** Mac & Cheese with Steamed Mixed Veg-
gies **V**
- THURSDAY** Spaghetti and Meatballs
- FRIDAY** Steak Fingers with Mashed Potatoes and Gravy with Green Beans



Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich

- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and Curly Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Bacon Cheeseburger with French Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Chicken Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Buffalo Chicken Pizza
- TUESDAY** Personal Pan Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzones
- FRIDAY** Jalapeno Popper Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- TUESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- WEDNESDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- THURSDAY** Crispy Chicken Salad and Chicken Bacon Ranch Wrap
- FRIDAY** Crispy Chicken Salad and Protein Power Box

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



TPS Middle School

November 7-11

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Cheese Ravioli with Meat Sauce and Green Beans
- TUESDAY** Chicken Tender with Dinner Roll and Glazed Carrots
- WEDNESDAY** Sweet and Sour Chicken with Lo Mein and Broccoli
- THURSDAY** Beef Totchos with Aztec Corn
- FRIDAY** Chicken Tenders with Mashed Potatoes and Gravy and Mixed Vegetables

Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich



- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Rib-b-que Sandwich with Crinkle Cut Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pan Pepperoni Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Meatlover's Calzones
- FRIDAY** Cheeseburger Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** Chef Salad or Crispy Chicken Wrap
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** Chef Salad or Protein Power Box

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TPS Middle School

November 14-18

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Thanksgiving meal on Thursday!!!!



- MONDAY** Spaghetti and Meatballs with Steamed Mixed Veggies
- TUESDAY** Chicken Pot Pie with a Fall Veggie Medley
- WEDNESDAY** Orange Chicken with Steamed Rice & Green Beans
- THURSDAY** Glazed Chicken Drumstick w/ mashed potatoes & chicken gravy, dressing, green beans, cranberry sauce, roll, wackycake
- FRIDAY** Steak Fingers with Hot Roll and Mashed Potatoes

Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich



- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Pizza Burger with Crinkle Cut Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pan Pepperoni Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Meatlover's Calzones
- FRIDAY** Cheeseburger Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** Chef Salad or Crispy Chicken Wrap
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** Chef Salad or Protein Power Box

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TPS Middle School

November 28- December 2

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A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Asian Meatballs with Lo Mein with Broccoli
- TUESDAY** Pancakes with Scrambled Eggs **V**
- WEDNESDAY** Chicken Alfredo Mac with Broccoli and Carrots
- THURSDAY** Chili and Cornbread with Corn
- FRIDAY** Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans



Daily Special

Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich

- MONDAY** Chicken Tenders and Tots
- TUESDAY** Chicken Nuggets and French Fries
- WEDNESDAY** Chicken Tenders and Sweet Potato Fries
- THURSDAY** Chicken Nuggets and Potato Wedges
- FRIDAY** Meatball Sub with Spiral Fries



One Student Said:

"The Fiesta Potatoes with Queso on top is awesome"

- MONDAY** Chicken Nachos or Tacos with Refried Beans
- TUESDAY** Beef Nachos or Tacos with Fiesta Potatoes
- WEDNESDAY** Beef Enchiladas or Chicken Tacos or Nachos with Refried Beans
- THURSDAY** Beef Nachos or Tacos with Fiesta Potatoes
- FRIDAY** Chicken Nachos and Tacos with Charro Beans



Daily Special

Cheese and Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pan Pepperoni Pizza
- WEDNESDAY** Pizza of the Month
- THURSDAY** Meatlover's Calzones
- FRIDAY** Cheeseburger Pizza



Daily Special

Ham Sub or Turkey Sub

- MONDAY** Chef Salad or Crispy Chicken Wrap
- TUESDAY** Chef Salad or Crispy Chicken Wrap
- WEDNESDAY** Chef Salad or Crispy Chicken Wrap
- THURSDAY** Chef Salad or Crispy Chicken Wrap
- FRIDAY** Chef Salad or Protein Power Box

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- SP Smart Pick**

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