

TPS Middle School

November 28- December 2

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	Asian Meatballs with Lo Mein with Broccoli
TUESDAY	Pancakes with Scrambled Eggs
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

V

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

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.

Middle School Lunch

December 5-9

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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	Walking Nachos with Aztec Corn
TUESDAY	Teriyaki Pork Riblet with Brown Rice and Roasted Sesame Carrots
WEDNESDAY	Mac & Cheese with Steamed Mixed Veggies V
THURSDAY	Spaghetti and Meatballs with Green Peas
FRIDAY	Steak Fingers with Mashed Potatoes and Gravy, and Green Beans

Daily Offerings:
Hamburger, Cheeseburger, Crispy Chicken Sandwich and Spicy Crispy Chicken Sandwich



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



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



Daily Offerings:
Cheese or Pepperoni Pizza

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



Daily Offerings:
Ham Sub or Turkey Sub

MONDAY	Crispy Chicken Salad or Chicken Bacon Ranch Wrap
TUESDAY	Crispy Chicken Salad or Chicken Bacon Ranch Wrap
WEDNESDAY	Crispy Chicken Salad or Chicken Bacon Ranch Wrap
THURSDAY	Crispy Chicken Salad or Chicken Bacon Ranch Wrap
FRIDAY	Crispy Chicken Salad or Protein Power Box

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TPS Middle School Lunch

December 12-16

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**A MINIMUM OF 6 SIDES
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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 Offerings:

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 or Tacos with Charro Beans



Daily Offerings:

Cheese or Pepperoni Pizza

MONDAY	Sausage Pizza
TUESDAY	Personal Pan Pepperoni Pizza
WEDNESDAY	Jalapeno Popper Pizza
THURSDAY	Meatlover's Calzones
FRIDAY	Cheeseburger Pizza



Daily Offerings:

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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