

# TPS High School Lunch Menu

Week of November 28, 2022

Tons of Variety - Try Something New Every Day.

## **GRILL**

### **EVERYDAY SELECTIONS**

Custom Subs with a Variety of Meats, Cheeses, Fresh Baked



- Bacon Swiss Chicken Sandwich
- Western Burger
- W: Chicken Cordon Bleu Sandwich
- Th: Chili Dog

TOPPINGS: Cheddar Cheese, Pepper Jack Cheese, Shredded Lettuce, Sliced Tomatoes, Sliced Red Onions, Jalapeños, Pickles

## **PIZZA**

### **EVERYDAY SELECTIONS**

Cheese Pizza, Stuffed Mozzarella Breadsticks w/ Marinara





- M: Chicken Bruschetta Pizza
- Pesto Chicken Pizza

W: Greek Turkey Pizza

Th: Balsamic Chicken Pizza

## **FAST TAKES**

#### **DAILY SPECIALS**

M: Turkey Sub, Ham Sub, Chef Salad, or Fruit & Yogurt Parfait

Turkey Sub, Buffalo Chicken Sub, Chicken Caesar Salad, or Fruit &

W: Turkey Sub, American Combo Sub, Crispy Chicken Salad, or Fruit & Yogurt Parfait

Th: Turkey Sub, Crispy Chicken Sub, Chef Salad, or Fruit & Yogurt Parfait

F: Turkey Sub, Italian Sub, Chicken Caesar Salad, or Fruit & Yogurt Parfait





- M: Chicken Bruschetta Salad or Sub
- T: Pesto Chicken Salad or Sub
- W: Greek Turkey Salad or Sub
- Th: Balsamic Chicken Salad or Sub



HELLO MEDITERRANEAN

### **EVERYDAY SELECTIONS**

Custom Subs with a Variety of Meats. Cheeses, Fresh BakedBreads,

- Premium Sauces and Toppings
- M: Chicken Bruschetta Salad or Sub

T: Pesto Chicken Salad or Sub

- M: Buffalo Chicken
- BBQ Chicken
- W: Crispy Chicken Th: Chicken Salad
- F: Turkey Club
- W: Greek Turkey Salad or Sub
- Th: Balsamic Chicken Salad or Sub

## **ADVENTURE**



Enjoy this week's features Monday-Thursday in Adventure!

Prepare for an original Italian experience in which the "pasta-bilities" are endless! Make your perfect bowl, topped with your choice of mix-ins, sauces and more.



## **ADVENTURE**

Steak Fingers and Mashed Potatoes

DELI Turkey Club



Cheeseburger Pizza

GRILL Meatball Sub

**FAST TAKES** Chicken Caesar Salad



## **EXTRAS**



A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

## **MEXICO**

### **EVERYDAY SELECTIONS**

Make every day a fiesta of flavor and fun! Choose your filling, then build your Mexican favorite just the way you like. Burritos, salads, nachos and tacos available daily



## KICK IT UP A NOTCH

by adding one of our specialty sauces or spices to your meal! This month's spices are T4 Signature and South of the Border Seasonings

Creamy Sriracha Sauce A spicy cayenne pepper sauce with special seasonings.

Cilantro Lime Crema A blend of mayonnaise and creamy Greek yogurt infused with lime juice and freshly chopped cilantro.



This institution is an equal opportunity provider. Additional nutrition information available upon request.



## TPS High School Menu Week of December 5, 2022

## **GRILL**

### **EVERYDAY SELECTIONS**

Cheeseburger, Hamburger, Spicy Chicken Sandwich, Chicken Sandwich,Veggie Burger



- 1: Buffalo Chicken Sandwich or Wrap
- T: Sloppy Joe
- W: Chicken Parm Sandwich
- Th: Grilled Cheese Sandwich

TOPPINGS: Mozzarella Cheese, Swiss Cheese, Lettuce, Tomato, Onions, Pickles

## **PIZZA**

### **EVERYDAY SELECTIONS**

Cheese Pizza, Stuffed Mozzarella Breadsticks w/ Pizza Sauce, Toasted Garlic Caesar Salad





- M: Chilly Philly Pizza
- T: Buffalo Chicken Pizza
- W: Southwest BBQ Chicken Pizza
- Th: Meatlover's Pizza

## **FAST TAKES**

### **DAILY SPECIALS**

M: American Sub, Chef Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub

- **I:** American Sub, Chicken Fajita Caesar Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub
- **W:** American Sub, Crispy Chicken Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub
- **Th:** American Sub, Classic Chef Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub
- **F:** American Sub, Chicken Fajita Caesar Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub





- M: Chilly Philly Salad or Sub
- : Buffalo Chicken Salad or Wrap
- W: Southwest Chicken Salad or Sub
- Th: Crispy Chicken Salad or Wrap

### DELI



### **EVERYDAY SELECTIONS**

Custom Subs with a variety of meats, cheeses, fresh baked breads, premium sauces and top-

- M: Buffalo Chicken
- T: BBQ Chicken
- W: Crispy Chicken
- Th: Chicken Salad
- F: Turkey Club



- M: Chilly Philly Salad or Sub
- T: Buffalo Chicken Salad or Sub
- W: Southwest Chicken Salad or Sub
- Th: Crispy Chicken Salad or Wrapy

## **MEXICO**

### **EVERYDAY SELECTIONS**

Make every day a fiesta of flavor and fun! Choose your filling, then build your Mexican favorite just the way you like. Burritos, salads, nachos, and tacos available daily.



## **KICK IT UP A NOTCH**

By adding one of our specialty sauces or spices to your meal!

**Buffalo Ranch Sauce** 

Spicy Cool Sauce







## **ADVENTURE**

Tater Tot Casserole w/ Roll and Green Beans

**DELI**Jalapeno Lime
Chicken Wrap



## **PIZZA**

Meatlover's Pizza

# **GRILL**Buffalo Chicken Sandwich or Wrap

FAST TAKES Strawberry Fields Parfait

## **EXTRAS**



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## TPS High School Menu Week of December 12, 2022

## **GRILL**

#### **EVERYDAYSELECTIONS**

Cheeseburger, Hamburger, Spicy Chicken Sandwich, Chicken Sandwich, Veggie Burger



- **N:** Buffalo Chicken Sandwich or Wrap
- T: Sloppy Joe
- W: Chicken Parm Sandwich
- Th: Grilled Cheese Sandwich

TOPPINGS: Mozzarella Cheese, Swiss Cheese, Lettuce, Tomato, Onions, Pickles

## **PIZZA**

### **EVERYDAY SELECTIONS**

Cheese Pizza, Stuffed Mozzarella Breadsticks w/ Pizza Sauce, Toasted Garlic Caesar Salad





- M: Chilly Philly Pizza
- T: Buffálo Chicken Pizza

W: Southwest BBQ Chicken Pizza

Th: Meatlover's Pizza

## **FAST TAKES**

### **DAILY SPECIALS**

M: American Sub, Chef Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub

**T:** American Sub, Chicken Fajita Caesar Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub

**W:** American Sub, Crispy Chicken Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub

**Th:** American Sub, Classic Chef Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub

F: American Sub, Chicken Fajita Caesar Salad, Fruit and Yogurt Parfait, Turkey or Ham Sub





- M: Chilly Philly Salad or Sub
- I: Buffalo Chicken Salad or Wrap
- W: Southwest Chicken Salad or Sub
- Th: Crispy Chicken Salad or Wrap

## DEL



### **EVERYDAY SELECTIONS**

Custom Subs with a variety of meats, cheeses, fresh baked breads, premium sauces and top-

- M: Buffalo Chicken
- T: BBQ Chicken
- W: Crispy Chicken
- Th: Chicken Salad
- F: Turkey Club



- M: Chilly Philly Salad or Sub
- I: Buffalo Chicken Salad or Sub
- W: Southwest Chicken Salad or Sub
- Th: Crispy Chicken Salad or Wrapy

## MEXICO

### **EVERYDAY SELECTIONS**

Make every day a fiesta of flavor and fun! Choose your filling, then build your Mexican favorite just the way you like. Burritos, salads, nachos, and tacos available daily.



## KICK IT UP A NOTCH

By adding one of our specialty sauces or spices to your meal!

Buffalo Ranch Sauce

Spicy Cool Sauce

## **ADVENTURE**

# **CHOPSTICKS**

Enjoy this week's features Monday-Thursday in Adventure!

An Asian-inspired experience awaits. Pick your base of rice or noodles, then top with your favorite protein, veggies and other additions for a bowlful of goodness, customized to your liking.







## **ADVENTURE**

Popcorn Chicken Bowl w/ Garlic Knot

**DELI** American Sub



Buffalo Chicken Pizza

GRILL

Bacon Cheeseburger

FAST TAKES
Turkey or Ham Sub



## **EXTRAS**



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