

TPS Middle School

January 4 - January 6, 2023

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

TUESDAY

WEDNESDAY Chicken Broccoli Alfredo w/ Breadstick, Broccoli and Carrots

THURSDAY Chili w/ Cornbread, Corn

FRIDAY Popcorn Chicken Bowl w/ Dinner Roll, Green Beans

Served Daily: Bean and Cheese Nachos, Mexi-Chicken Nachos



MONDAY

TUESDAY

WEDNESDAY Beef Enchilada, Refried Beans

THURSDAY Soft Beef Taco, Fiesta Potatoes

FRIDAY Soft Chicken Taco, Frijoles ala Charro



Served Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich

MONDAY

TUESDAY

WEDNESDAY Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries

THURSDAY Chicken Nuggets w/ Roll

FRIDAY Meatball Sub



Daily Special/Everyday
Served Daily: Cheese Pizza, Pepperoni Pizza

MONDAY

TUESDAY

WEDNESDAY Jalapeno Popper Chicken

THURSDAY Mini Meatlovers Calzone

FRIDAY Cheeseburger Pizza



MONDAY

TUESDAY

WEDNESDAY Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Crispy Chicken Wrap

THURSDAY Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Crispy Chicken Wrap

FRIDAY Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Kidzable Protein Power

This institution is an equal opportunity provider.



Nutrition Information is available upon request.

TPS Middle School

January 9 - January 13, 2023

Our menus are aligned with the USDA's 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, Aztec Corn
- TUESDAY** Teriyaki Pork w/ Peppers and Onions, BrownRice
- WEDNESDAY** Macaroni and Cheese w/ Roll, Mixed Vegetables
- THURSDAY** Chicken Spaghetti w/ Breadstick, Peas
- FRIDAY** Steak Fingers w/ Roll, Mashed Potatoes, Green Beans



Served Daily: Bean and Cheese Nachos, Mexi-Chicken Nachos

- MONDAY** Chicken Soft Taco, Refried Beans
- TUESDAY** Beef Soft Taco, Fiesta Potatoes
- WEDNESDAY** Enchilada Suiza, Refried Beans
- THURSDAY** Soft Beef Taco, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Frijoles ala Charro



Served Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, FrenchFries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Bacon Cheeseburger, French Fries



Served Daily: Cheese Pizza, Pepperoni Pizza

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



Served Daily:

- Chicken Bacon and Ranch Wrap
- Crispy Chicken Salad w/ Breadstick
- Turkey and Cheese Sub
- Ham and Cheese Sub

Friday Special: Kidzable Power Pack



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TPS Middle School

January 16 - January 20, 2023

Our menus are aligned with the USDA's 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** Martin Luther King Jr. Day
- TUESDAY** Chicken Tenders w/ Roll, Citrus Glazed Carrots
- WEDNESDAY** Sweet and Sour Chicken, Vegetable Lo Mein
- THURSDAY** Beefy Totchos, Aztec Corn, Tater Tots
- FRIDAY** Chicken Tenders w/ Roll, Mashed Potatoes w/ Gravy, Mixed Vegetables

*Served Daily:
Bean and Cheese Nachos,
Mexi-Chicken Nachos*



- MONDAY** Martin Luther King Jr. Day
- TUESDAY** Beef and Cheese Nachos, Fiesta Potatoes
- WEDNESDAY** Beef Enchilada, Refried Beans
- THURSDAY** Soft Beef Taco, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Frijoles ala Charro



*Served Daily:
Hamburger, Cheeseburger,
Chicken Sandwich,
Spicy Chicken Sandwich*

- MONDAY** Martin Luther King Jr. Day
- TUESDAY** Chicken Nuggets w/ Roll, French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** BBQ Pork Sandwich, Spiral Fries



*Served Daily:
Cheese Pizza, Pepperoni Pizza*

- MONDAY** Martin Luther King Jr. Day
- TUESDAY** Personal Pepperoni Pizza
- WEDNESDAY** Jalapeno Popper Pizza Mini
- THURSDAY** Meatlover's Calzone
- FRIDAY** Cheeseburger Pizza



Served Daily:

- Chef Salad w/ Breadstick*
- Crispy Chicken Wrap*
- Turkey and Cheese Sub*
- Ham and Cheese Sub*

Friday Special: Kidzable Protein Power



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TPS Middle School

January 23 - January 27, 2023

Our menus are aligned with the USDA's 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** Chicken Spaghetti w/ Breadstick, Mixed Vegetables
- TUESDAY** Chicken Pot Pie, Roasted Summer Squash
- WEDNESDAY** Orange Chicken w/ Brown Rice, Green Beans
- THURSDAY** French Toast Sticks w/ Scrambled Eggs, Sausage
- FRIDAY** Steak Fingers w/ Roll, Mashed Potatoes, Peas



Served Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Pizza Burger, Crinkle Cut French Fries



Served Daily:

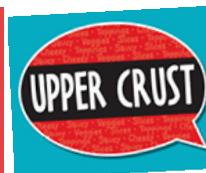
- Chef Salad w/ Breadstick*
- Crispy Chicken Wrap*
- Turkey and Cheese Sub*
- Ham and Cheese Sub*

Friday Special: Kidzable Protein Power

*Served Daily:
Bean and Cheese Nachos*



- MONDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Refried Bean
- TUESDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- WEDNESDAY** Beef Enchilada, Mexi-Chicken Nachos, Refried Beans
- THURSDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Frijoles ala Charro



Served Daily: Cheese Pizza, Pepperoni Pizza

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pepperoni Pizza
- WEDNESDAY** Jalapeno Popper Pizza
- THURSDAY** Mini Meatlover's Calzone
- FRIDAY** Cheeseburger Pizza



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TPS Middle School

January 30 - February 3, 2023

Our menus are aligned with the USDA's 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, Corn
- TUESDAY** Grilled Cheese Sandwich, Tomato Soup, Potato Wedges, Roasted Broccoli
- WEDNESDAY** Chicken Parmesan w/ Breadstick, Mixed Vegetables
- THURSDAY** Pulled Pork Sandwich, Baked Beans, Cole Slaw
- FRIDAY** Chicken Tenders w/ Roll, Mashed Potatoes, Green Beans



Served Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, Spiral Cut French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Chili & Cheese Coney, French Fries



Served Daily:

- Chef Salad w/ Breadstick*
- Crispy Chicken Wrap*
- Turkey and Cheese Sub*
- Ham and Cheese Sub*

Friday Special: Kidzable Protein Power

*Served Daily:
Bean and Cheese Nachos*



- MONDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Refried Beans
- TUESDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- WEDNESDAY** Enchilada Suiza, Mexi-Chicken Nachos, Refried Beans
- THURSDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Frijoles ala Charro



Served Daily: Cheese Pizza, Pepperoni Pizza

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



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