

TPS Middle School

10/2-10/6

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	Pulled Pork Nachos, Tachos BBQ Pulled Turkey Nachos/ Tachos, Carolina Coleslaw
TUESDAY	Teriyaki Meatball Sub, Korean BBQ Chicken Sub, Soy Roasted Potatoes, Spice Asian Veggies, Broccoli
WEDNESDAY	Al Pastor Tacos, Carnitas Tacos, Refried Beans, Black Beans, Mexican Sweet Potato, Mexican Zucchini.
THURSDAY	Fajita Chicken Ramen Bowl, Vegetarian Ramen Bowl. (Made with Real Yakisoba Noodles)
FRIDAY	Chicken and Waffle, Apple Glazed Carrots, Blue Ribbon Coleslaw.



Daily Special

Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks

MONDAY	Sausage Pizza & Roasted Broccoli
TUESDAY	Buffalo Chicken Pizza & Parmesan Green Beans
WEDNESDAY	Supreme Pizza & Roasted Broccoli and Cauliflower
THURSDAY	Cheeseburger Pizza & Parmesan Green Beans
FRIDAY	Meat Lover's Pizza & Roasted Broccoli



Daily Special

Sunbutter & Jelly Sandwich Box

MONDAY	Turkey and Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box
TUESDAY	American Combo Sub, Chicken Caesar Wrap, Garden hearty Salad, Strawberry Banana Parfait
WEDNESDAY	Italian Combo Sub, Buffalo Chicken Wrap, Crispy Chicken Salad, Hummus Box.
THURSDAY	Turkey & Cheese Sub, Crispy Chicken Sandwich, Chicken Caesar Salad, Protein Box
FRIDAY	Ham & Cheese Sub, Chicken Caesar Wrap, Fiesta salad Deli Bento 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

10/9-10/13

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	Tinga Chicken Rice Bowl, Taco Beef Rice Bowl, Pinto beans, Mexican Sweet Potatoes, Mexican Zucchini
TUESDAY	Teriyaki Chicken Bowl, Korean BBQ Tofu Bowl, Soy Roasted Potatoes. Spicy Asian Blend.
WEDNESDAY	BBQ Chicken Bowl, Popcorn Chicken Bowl, Mashed Potatoes, Green beans, Baked Beans
THURSDAY	Tuscan Veggie Bowl, Meatball Pasta Bowl, Broccoli & Red Peppers, Butternut Squash, Parmesan Green beans.
FRIDAY	Greek Turkey Rice Bowl, Roasted Chickpea Rice Bowl, Broccoli, Summer Squash.



Daily Special

Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks

MONDAY	Sausage Pizza & Roasted Broccoli
TUESDAY	Buffalo Chicken Pizza & Parmesan Green Beans
WEDNESDAY	Supreme Pizza & Roasted Broccoli and Cauliflower
THURSDAY	Cheeseburger Pizza & Parmesan Green Beans
FRIDAY	Meat Lover's Pizza & Roasted Broccoli



Daily Special

Sunbutter & Jelly Sandwich Box

MONDAY	Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box
TUESDAY	American Combo Sub, Chicken Caesar Wrap, Garden Hearty Salad, Strawberry Banana Parfait
WEDNESDAY	Italian Combo Sub, Buffalo Chicken Wrap Crispy Chicken Salad, Hummus Box.
THURSDAY	Turkey & Cheese Sub, Crispy Chicken Sandwich, Chicken Caesar Salad, Protein Box.
FRIDAY	Ham & Cheese Sub, Chicken Caesar wrap, Fiesta Salad deli Bento Box.

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TPS Middle School

10/16-10/17

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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 3 Cheese Grilled Cheese, Meatball Sub, Broccoli & Red Peppers, Butternut Squash Parmesan Green Beans

TUESDAY Pulled Pork BBQ Sandwich, BBQ Veggie Burger, Crinkle Cut Fries, Green Beans, Baked Beans.

WEDNESDAY Fall Break

THURSDAY Fall Break

FRIDAY Fall Break



Daily Special

Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks

MONDAY Sausage Pizza & Roasted Broccoli

TUESDAY Buffalo Chicken Pizza & Parmesan Green Beans

WEDNESDAY Supreme Pizza & Roasted Broccoli and Cauliflower

THURSDAY Cheeseburger Pizza & Parmesan Green Beans

FRIDAY Meat Lover's Pizza & Roasted Broccoli



Daily Special

Sunbutter & Jelly Sandwich Box

MONDAY Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box
Strawberry Banana Parfait

TUESDAY American Combo Sub, Chicken Caesar Wrap, Garden Hearty Salad, Strawberry Banana Parfait

WEDNESDAY

THURSDAY

FRIDAY

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TPS Middle School

10/23-10/27

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	Breakfast 4 Lunch: Pancakes, Waffles, Scrambled Eggs, Sausage, Cinnamon Apples, Sweet Potato Fries.
TUESDAY	Teriyaki Chicken Wrap, Korean BBQ Tofu Wrap, Soy Roasted Potatoes, Spicy Asian Veggies, Broccoli.
WEDNESDAY	Cheese Calzone, Pepperoni Calzone, Broccoli & Red Peppers, Butternut Squash, Parmesan Green Beans
THURSDAY	Tinga Chicken Wrap, Beef Taco Wrap, Black Beans, Mexican Sweet Potatoes, Mexican Zucchini
FRIDAY	Greek Meatball Rollup, 3 Cheese Flat bread, Broccoli, Summer Squash, Roasted Chickpeas



Daily Special

Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks

MONDAY	Sausage Pizza & Roasted Broccoli
TUESDAY	Buffalo Chicken Pizza & Parmesan Green Beans
WEDNESDAY	Supreme Pizza & Roasted Broccoli and Cauliflower
THURSDAY	Cheeseburger Pizza & Parmesan Green Beans
FRIDAY	Meat Lover's Pizza & Roasted Broccoli



Daily Special

Sunbutter & Jelly Sandwich Box

MONDAY	Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box
TUESDAY	American Combo Sub, Chicken Caesar Wrap, Garden Hearty Salad, Strawberry Banana Parfait
WEDNESDAY	Italian Combo Sub, Buffalo Chicken Wrap, Crispy Chicken Salad, Hummus Box
THURSDAY	Turkey & Cheese Sub, Crispy Chicken Sandwich, Chicken Caesar Salad, Protein Box
FRIDAY	Ham & Cheese Sub, Chicken Caesar Wrap, Fiesta Salad, Deli Bento Box

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TPS Middle School

10/30-11/3

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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

Chicken Nuggets, Chicken Tenders, Crinkle cut Fries, Baby Carrots, Celery Sticks
Assortment of Sauces

TUESDAY

Bean & Cheese Enchiladas, Chicken Enchiladas Suiza, Black Bean, Mexican Sweet Potato, Mexican Zucchini

WEDNESDAY

Chili Cheese Baked Potato, Broccoli Cheese Baked Potato, Beef and Cheese Baked Potato

THURSDAY

Pasta Bar: Alfredo Sauce, Meaty Marinara, Broccoli & Red Peppers, Butternut Squash, Parmesan Green Beans.

FRIDAY

Orange Chicken, Teriyaki Tofu, Fried Rice, Soy Roasted Potatoes, Spicy Asian Vegetables, Broccoli.



Daily Special

Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks

MONDAY

Sausage Pizza & Roasted Broccoli

TUESDAY

Buffalo Chicken Pizza & Parmesan Green Beans

WEDNESDAY

Supreme Pizza & Roasted Broccoli and Cauliflower

THURSDAY

Cheeseburger Pizza & Parmesan Green Beans

FRIDAY

Meat Lover's Pizza & Roasted Broccoli



Daily Special

Sunbutter & Jelly Sandwich Box

MONDAY

Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box

TUESDAY

American Combo Sub, Chicken Caesar Wrap, Garden Hearty Salad, Strawberry Banana Parfait

WEDNESDAY

Italian Combo Sub, Buffalo Chicken Wrap, Crispy Chicken Salad, Hummus Box

THURSDAY

Turkey & Cheese Sub, Crispy Chicken Sandwich, Chicken Caesar Salad, Protein Box

FRIDAY

Ham & Cheese Sub, Chicken Caesar Wrap, Fiesta Salad, Deli Bento Box



Vegetarian



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