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.



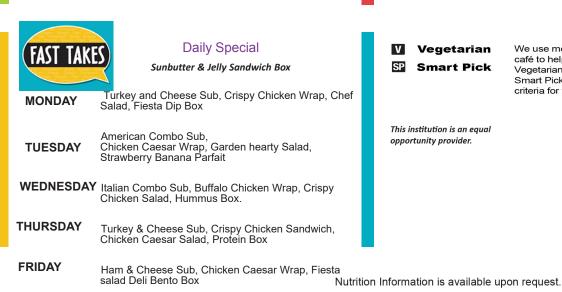
MONDAY	Pulled Pork Nachos, Tachos BBQ Pulled Turkey Nachos/ Tachos, Carolina Coleslaw	
TUESDAY	Teriyaki Meatball Sub, Korean BBQ Chicken Sub, Soy Roasted Potatoes, Spice Asian Veggies, Broccoli	
WEDNESDAY	Al Pastor Tacos, Carnitas Tacos, Refried Beans, Black Beans, Mexican Sweet Potato, Mexican Zucchini.	
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



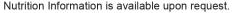
V Vegetarian SP Smart Pick We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



TPS Middle S	chool		
10/9-10/1			A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES
	0		ocally Grown items are offered whenever ble. Low Fat or Fat Free Milk included with
Our menus are aligned with Healthier U.S. School C			
	REVOLVE wwl, Taco Beef Rice Bowl, Sweet Potatoes, Mexican		
Zucchini TUESDAY Teriyaki Chicken Bowl	, Korean BBQ Tofu Bowl,		
WEDNESDAY BBQ Chicken Bowl, Po Mashed Potatoes, Gree			
Tuscan Veggie Bowl, I THURSDAY Broccoli & Red Pepper Parmesan Green bean	rs, Butternut Squash,		
FRIDAY Greek Turkey Rice Bow Rice Bowl, Broccoli, S		UPPER CRUS	Daily Special Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks
		MONDAY	Sausage Pizza & Roasted Broccoli
		ICLODA	Buffalo Chicken Pizza & Parmesan Green Beans Supreme Pizza & Roasted Broccoli
		THURSDAY	and Cauliflower Cheeseburger Pizza & Parmesan
			Green Beans Meat Lover's Pizza & Roasted Broccoli
	Special	V Vegeta	rian We use menu identifiers in the
A LADI JANED/	ly Sandwich Box	SP Smart F	café to help student recognize
Turkey & Cheese Sub, C MONDAY Salad, Fiesta Dip Box	rispy Chicken Wrap, Chef		criteria for fat, sodium & calories.
American Combo Sub, Cł TUESDAY Garden Hearty Salad, Str		This institution is an opportunity provide	-
Italian Combo Sub, Buffal WEDNESDAY Chicken Salad, Hummus	o Chicken Wrap Crispy Box.		
Turkey & Cheese Sub, Cr Chicken Caesar Salad, Pr	ispy Chicken Sandwich, otein Box.		57
FRIDAY Ham & Cheese Sub, Chic Salad deli Bento Box.		trition Information is ava	ailable upon request.

cafe by sodexto



TPS	6 Middle School		
	10/16-10/17	THRIV	A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES
			alad Greens plus Fruits & Vegetables, in an
	enus are aligned with the USDAs althier U.S. School Challenge.		Locally Grown items are offered whenever lable. Low Fat or Fat Free Milk included with
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		UPPER CRU	Daily Special Cheese Pizza, Pepperoni Pizza, Mozzarella
	Fall Break		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
FAST TAK	Daily Special Sunbutter & Jelly Sandwich Box	V Vegeta SP Smart	café to help student recognize
MONDAY	Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box Strawberry Banana Parfait	This institution is a opportunity provide	an equal
TUESDAY	American Combo Sub, Chicken Caesar Wrap, Garden Hearty Salad, Strawberry Banana Parfait		
WEDNESDAY			
THURSDAY			

FRIDAY

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TD	S Middle School		
	10/23-10/27	inviting variety. Locally C	A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES eens plus Fruits & Vegetables, in an Grown items are offered whenever w Fat or Fat Free Milk included with
	nenus are aligned with the USDAs		
	ealthier U.S. School Challenge.		
MONDAY	REVOLVE 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		Daily Special
FRIDAY	Greek Meatball Rollup, 3 Cheese Flat bread, Broccoli, Summer Squash, Roasted Chickpeas	UPPER CRUST	Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadsticks
		MONDAY Sausa	ge Pizza & Roasted Broccoli
		Green	o Chicken Pizza & Parmesan Beans
		and Ca	me Pizza & Roasted Broccoli auliflower
		Green	seburger Pizza & Parmesan Beans
		FRIDAY Meat L	over's Pizza & Roasted Broccoli
FAST TAK			
	Daily Special Sunbutter & Jelly Sandwich Box	V Vegetarian SP Smart Pick	We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options.
MONDAY	Turkey & Cheese Sub, Crispy Chicken Wrap, Chef Salad, Fiesta Dip Box		Smart Pick selections meet specific criteria for fat, sodium & calories.
TUESDAY	American Combo Sub, Chicken Caesar Wrap. Garden Hearty Salad, Strawberry Banana Parfait	This institution is an equal opportunity provider.	
WEDNESDA	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 Nut	rition Information is available u	upon request.
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TPS Middle School

10/30-11/3

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	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.



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Vegetarian

Smart Pick

This institution is an equal opportunity provider.

Daily Special

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.

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
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