



# TCMS Menu

# October 2023

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**CELEBRATING NATIONAL SCHOOL LUNCH WEEK "LEVEL UP With SCHOOL LUNCH"**

**2 PANCAKE PUP / CEREAL**

BBQ Totchos  
Chicken & Waffles  
Corn on the Cob  
Broccoli Salad  
Carrot Dippers

**3 STUFFED CRESCENT ROLL / MUFFINS**

Popcorn Chicken / Mac & Cheese  
Beef & Cheese Nachos  
Lettuce & Tomato / Salsa  
Mexicali Corn  
Cuban Black Beans & Rice  
Veggie Cup

**4 BREAKFAST PIZZA / CEREAL**

Boneless Hot Wings / Texas Toast  
Cheeseburger / Hamburger  
French Fries  
Baked Beans  
Carrot & Celery Sticks  
Lettuce / Tomato / Pickle

**5 WAFFLES / SAUSAGE BISCUIT**

Baked Spaghetti & French Bread  
Spicy & Regular Chicken Sandwich  
Waffle Fries  
Green Beans  
Veggie Cup  
Lettuce / Tomato / Pickle

**6 APPLE CINNAMON TOAST / CEREAL**

Pepperoni Pizza / Marinara Sauce  
Chicken & Rice  
Sweet Peas  
Whole Kernel Corn  
Veggie Cup  
Cinnamon Rolls

9

10

11

12

13

## FALL BREAK—NO SCHOOL

16

**NO SCHOOL  
TEACHER WORKDAY**

**17 PANCAKES / CEREAL**  
Lasagna / Breadstick  
Crispy Fish Sandwich / Chips  
Baked Beans  
Broccoli Salad  
Vegetable Medley

**18 SAUSAGE BISCUIT / MUFFINS**  
Breaded Chicken / Cornbread  
Meatball Sub / Marinara Sauce  
Tater Tots  
Collard Greens  
Black-Eyed Peas  
Carrot Dippers

**19 DONUTS / CEREAL**  
Hamburger Steak w/ gravy/ Roll  
Spicy & Regular Chicken Sandwich  
Waffle Fries  
Green Beans  
Rice & Gravy  
Lettuce / Tomato / Pickle

**20 FRENCH TOAST STICKS / MUFFINS**  
Cheese Pizza / Marinara Sauce  
Cheeseburger / Hamburger  
French Fries  
Whole Kernel Corn  
Lettuce / Tomato / Pickle  
Treat

**23 PANCAKE PUP / CEREAL**

BBQ Totchos / Texas Toast  
Chicken & Waffles  
Corn on the Cob  
Broccoli Salad  
Carrot Dippers

**24 CINNI MINIS / MUFFINS**  
Popcorn Chicken / Mac & Cheese  
Beef & Cheese Nachos  
Lettuce & Tomato / Salsa  
Mexicali Corn  
Refried Beans / Mexican Rice  
Veggie Cup

**25 BREAKFAST PIZZA / CEREAL**  
Boneless Hot Wings / Texas Toast  
Cheeseburger / Hamburger  
French Fries  
Baked Beans  
Carrot & Celery Sticks

**26 WAFFLES / MUFFINS**  
Baked Spaghetti & French Bread  
Spicy & Regular Chicken Sandwich  
Waffle Fries  
Green Beans  
Veggie Cup  
Lettuce / Tomato / Pickle

**27 APPLE CINNAMON TOAST / CEREAL**  
Pepperoni Pizza / Marinara Sauce  
**Brunch for Lunch**  
Scrambled Eggs / Sausage  
Biscuit / Yogurt  
Hashbrown Patty  
Corn / Veggie Cup  
Treat

**30 MINI BAGELS / MUFFINS**  
Cheeseburger Casserole  
French Bread  
General Tso's Chicken / Rice  
Spring Roll  
Stir-Fry Vegetables  
Fluffy Mashed Potatoes

**31 PANCAKES / CEREAL**  
Lasagna / Breadstick  
Crispy Fish Sandwich / Chips  
Vegetable Medley  
Baked Beans  
Broccoli Salad  
Halloween Treat



Garden Side Salads available daily.

**Grab & Go Menu**

PBJ Combo and Ham & Cheese Combo plates available daily.  
Student Salad Combo: Monday, Wednesday Friday- Crispy Chicken Salad  
Tuesday- Chef Salad  
Thursday- Southwestern Salad

**Assortment of Fruit and Milk served daily with breakfast and lunch.  
Celebrating National School Lunch Week October 2nd—6th!**



\*\*Menu subject to change\*\*

This institution is an equal opportunity provider.