



BREAKFAST



LUNCH

# DECEMBER 2023

## TCHS

Questions?  
foodservices@tcusd.net  
This institution is an equal  
opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



WG Cereal, Fruit, Milk **4**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Chicken Taquitos  
Beef Penne Pasta & WG Roll  
RibbQ Burger

WG Muffin, Fruit, Milk **5**  
Cheese Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Corn Dog  
Mac and Cheese Pasta, WG Roll  
Beef Hot Dog

WG Concha, Fruit, Milk **6**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Cheese Quesadilla  
Beef Penne Pasta & WG Roll  
Beef Cheese Burger

WG Waffle, Fruit, Milk **7**  
Pepperoni Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Taquitos  
Mac and Cheese Pasta, WG Roll  
Beef Hot Dog

WG Breakfast Bar, Fruit, Milk **8**  
Pepperoni Calzone  
Teriyaki Chicken & Rice Bowl  
Bean & Cheese Burrito  
Beef Penne Pasta & WG Roll  
Beef Cheese Burger

WG Cereal, Fruit, Milk **11**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Chicken Taquitos  
Beef Penne Pasta & WG Roll  
RibbQ Burger

WG Muffin, Fruit, Milk **12**  
Cheese Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Corn Dog  
Fish Patty Burger  
Beef Hot Dog

WG Concha, Fruit, Milk **13**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Cheese Quesadilla  
Chicken Burger  
Beef Cheese Burger

WG Waffle, Fruit, Milk **14**  
Pepperoni Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Taquitos  
Turkey Sandwich  
Beef Hot Dog

WG Breakfast Bar, Fruit, Milk **15**  
Pepperoni Calzone  
Teriyaki Chicken & Rice Bowl  
Bean & Cheese Burrito  
Fish Patty Burger  
Beef Cheese Burger

WG Cereal, Fruit, Milk **18**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Chicken Taquitos  
Beef Penne Pasta & WG Roll  
RibbQ Burger

WG Muffin, Fruit, Milk **19**  
Cheese Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Corn Dog  
Mac and Cheese Pasta, WG Roll  
Beef Hot Dog

WG Concha, Fruit, Milk **20**  
Pepperoni Pizza  
Teriyaki Chicken & Rice Bowl  
Cheese Quesadilla  
Beef Penne Pasta & WG Roll  
Beef Cheese Burger

WG Waffle, Fruit, Milk **21**  
Pepperoni Bosco Stick  
Orange Chicken & Rice Bowl  
Chicken Taquitos  
Mac and Cheese Pasta, WG Roll  
Beef Hot Dog

WG Breakfast Bar, Fruit, Milk **22**  
Pepperoni Calzone  
Teriyaki Chicken & Rice Bowl  
Bean & Cheese Burrito  
Beef Penne Pasta & WG Roll  
Beef Cheese Burger

**HOLIDAY** **25**

**NO SCHOOL**

**HOLIDAY** **26**

**NO SCHOOL**

**HOLIDAY** **27**

**NO SCHOOL**

**HOLIDAY** **28**

**NO SCHOOL**

**HOLIDAY** **29**

**NO SCHOOL**

### Lunch Daily Choices of

Fruit  
Vegetables  
Salad  
Milk

### Vegetables:

Baby Carrots, Cucumber Slices, Celery Sticks,  
Zucchini Sticks, Corn, Garbanzo/Pinto/Black Beans  
Chopped Romaine Salad

### Fruits:

Apple Slices/Whole, Cantaloupe Cubes, Pineapple  
Slices, Grapes, Tangerines, Plums, Pears Raisins,  
Cranberries, Applesauce Cups, Mixed Fruit Cups

### Daily Milk Choice:

Nonfat White Milk  
1% Lowfat White Milk  
NonFat Chocolate Milk