

Tahanto Regional Middle/High School

Welcome to our Lunch Cafe

8/26/2024 - 8/30/2024

MEATLESS MONDAY

Monday Tuesday Wednesday Thursday Friday



Yard Bird Classic Chicken Sandwich
a delicious chicken filet on a hearty bun, served with special sauce and a pickle
Homemade Lite Veggie Pasta Salad



Philly Cheese Steak
thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house
Oven Baked Fries

Very Berry Smoothie
freshly blended mix of berries with yogurt
Warm Cinnamon Bites
Watermelon Slices

Classic Cheese Pizza
whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Pepperoni Pizza
Pepper and Onion Pizza

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whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
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Pepper and Onion Pizza

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whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese
Pepperoni Pizza
Pepper and Onion Pizza

Available Daily: Cheese Pizza, and Pepperoni Pizza all featuring whole grain rich pizza dough

Cheeseburger
burger topped with cheese on a freshly toasted bun
Classic Beef Burger
Veggie Burger
Crispy Chicken Sandwich
Spicy Chicken Sandwich
Oven Baked Fries

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Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Romaine Lettuce
Grape Tomatoes
Shredded Carrots
Cucumber Coins
Edamame
Sweet Corn
Fresh Strawberries
Watermelon Slices
Honeydew and Cantaloupe Cup
Fresh Grapes
Pineapple Cup
Apple Slices
Fresh Apple
Fresh Orange

Romaine Lettuce
Grape Tomatoes
Shredded Carrots
Cucumber Coins
Edamame
Sweet Corn
Fresh Strawberries
Watermelon Slices
Honeydew and Cantaloupe Cup
Fresh Grapes
Pineapple Cup
Apple Slices
Fresh Apple
Fresh Orange

Romaine Lettuce
Grape Tomatoes
Shredded Carrots
Cucumber Coins
Edamame
Sweet Corn
Fresh Strawberries
Watermelon Slices
Honeydew and Cantaloupe Cup
Fresh Grapes
Pineapple Cup
Apple Slices
Fresh Apple
Fresh Orange

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. * Menu is subject to change, notice posted when available. * In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. * This institution is an equal opportunity provider.

