

# TCSS MIDDLE SCHOOL CAFÉ

## OCTOBER 2024

### SEPTEMBER 30 – OCTOBER 4

#### **MONDAY:**

GREEK CHICKEN, RICE PILAF, & ROLL  
CHEESY BREAD W/ MARINARA  
SWEET POTATO FRIES

#### **TUESDAY:**

CHICKEN NUGGETS W/WARM ROLL  
MASHED POTATOES W/ GRAVY, CORN

#### **WEDNESDAY:**

EMPANADA  
HERB BUTTERED CARROTS, STEAMED  
BROCCOLI

#### **THURSDAY:**

CRISPITOS  
VEGETABLE MEDLEY, GREEN BEANS

#### **FRIDAY:**

TACO BURGER, HOT DOG  
REFRIED BEANS

### OCTOBER 7 – OCTOBER 11

#### **MONDAY:**

FISH BOAT  
BAKED BEANS, CORN

#### **TUESDAY:**

CHEESY CHILI MAC, CORN DOG  
BROCCOLI

#### **WEDNESDAY:**

QUESADILLA  
VEGGIE DIPPERS, SIDWINDERS

#### **THURSDAY:**

CRISPY CHICKEN SANDWICH, FRITO  
PIE  
WAFFLE FRIES

#### **FRIDAY:**

PIZZA POPPERS W/ MARINARA  
HAMBURGER  
GREEN BEANS

### OCTOBER 14 – OCTOBER 18

#### **MONDAY:**

NO SCHOOL

#### **TUESDAY:**

NO SCHOOL

#### **WEDNESDAY:**

CHEESY BREAD BITES W/ MARINARA  
BLACK EYED PEAS, TURNIP GREENS

#### **THURSDAY:**

CHICKEN TENDER BASKET  
VEGETABLE MEDLEY, TATER TOTS

#### **FRIDAY:**

ORANGE CHICKEN, FRIED RICE, & EGG  
ROLL  
STIR FRY VEGETABLES

### OCTOBER 21 – OCTOBER 25

#### **MONDAY:**

GRILLED CHICKEN SANDWICH  
CHEESE STICKS W/ MARINARA  
LEMON ROASTED CARROTS, BROCCOLI

#### **TUESDAY:**

CHICKEN NUGGETS W/ROLL, HAMBURGER  
FRENCH FRIES, CORN

#### **WEDNESDAY:**

CHEESE STICKS W/ MARINARA  
FILLET O' FISH SANDWICH  
BROWNED BUTTER CALIFORNIA VEGGIES

#### **THURSDAY:**

BBQ CHICKEN SANDWICH  
BAKED BEANS, SWEET POTATO FRIES

#### **FRIDAY:**

BUFFALO CHICKEN DIP W/ CHIPS  
MINI CORN DOGS  
VEGGIE DIPPERS

## **BREAKFAST**

### OFFERED DAILY:

BISCUIT SANDWICHES  
CHOICE OF CEREAL

\*View Elementary Menu for additional  
options\*

## **ENTREES**

### OFFERED DAILY:

SMART MOUTH PIZZA  
CHEF SALAD  
PROTEIN PACK



\* MENUS ARE SUBJECT TO CHANGE\*

## **SIDES**

### OFFERED DAILY:

SEASONAL FRUIT  
FRESH GARDEN SALAD  
FRESH VEGETABLES  
ASSORTED 1% AND SKIM MILKS