

Tuck Learning Campus Lunch Menu August/September 2010

Jeanne Pierce: Food Service Director
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices: Skim, 1%, Chocolate and Strawberry \$.65	30 Steak & Cheese Sub Oven Fries Fresh Fruit Milk	31 Grilled Cheese Sandwich(2) Tomato Soup Fruit Cocktail Milk	1 Double Chicken Fajita Sautéed Peppers & Onions, Rice Corn, Fresh Fruit Milk	2 Spaghetti w/ Meat Sauce Garlic Stick Garden Salad Sliced Peaches Milk	3 No School 9/3 & 9/6 LABOR DAY
Offered Daily Pizza Bar \$3.00 S \$3.75 A	6 All meals come with Vegetable, Fruit and Milk	7 Shepherd's Pie Dinner Roll Fruit Chocolate Pudding Milk	8 Deli Bar Sliced Turkey or Ham on a Sub Roll, Chips Lettuce, Tomatoes Cheese	9 Burger Bar Oven Fries Green Beans Sliced Pears Milk	10 Mozzarella Sticks(8) Marinara Sauce Fresh Broccoli Fruit Cup Milk
Offered Daily Salad Bar \$3.25 S \$4.00 A	13 Spicy or Plain Chicken Patty on a Roll Oven Fries Fresh Fruit Milk	14 Spaghetti w/ Meat Sauce Garlic Stick Caesar Salad Tropical Fruit Milk	15 Grilled Cheese Sandwich Tomato Soup Sliced Peaches Milk	16 Cook's Choice	17 Chicken Parmesan Over Pasta Garlic Stick Tossed Salad Fruit Cup Milk
Main Meal \$2.50 S \$3.50 A	20 Chicken Teriyaki Vegetable Lo-Mein Stir Fried Vegetables Mixed Fruit Milk	21 Meatball Sub Corn Peaches Milk	22 Oven Roasted Turkey Stuffing, Cranberry Sauce, Peas, Gravy Fruit , Cake, Milk	23 Twin Taco's Lettuce, Tomato & Cheese Rice, Corn Fresh Fruit Milk	24 Spicy or Plain Chicken Patty on a Roll Oven Fries Fresh Fruit Milk
Please do not forget to reapply for free & reduce price meals. Application Due By September 25, 2009 Everyone must reapply each School Year	27 Spaghetti w/ Meat Sauce Garden Salad Roll, Fruit, Milk	28 BBQ Grilled Chicken Mashed Potatoes Green Beans Fresh Fruit Milk	29 Cheese or Chicken Quesadilla's Spanish Rice Mexican Corn Milk	30 Spicy or Plain Chicken Patty on a Roll Oven Fries Fresh Fruit Milk	Oct 1 Double Hot Dogs on a Roll w/ Cheese Onion Rings Pears Milk

This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA.

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