

# Menu



TLC is NUT FREE - PLEASE do not send in food items with Peanuts/Tree Nuts (v): On days that we have meat, we will always have plain pasta or veggies.

Feel free to bring an alternative protein for your child.

Fresh fruit may be substituted depending on the season and availability.

Picky eaters...please bring an alternative lunch labeled and dated!

**Breakfast**

**Monday Tuesday Wednesday Thursday Friday**

Cereal, Milk, and Fresh Fruit	Pancakes, French Toast, or Waffles, Milk, and Fresh Fruit	Cereal, Milk, and Fresh Fruit	Bagels, Milk, and Fresh Fruit	Cereal, Milk, and Fresh Fruit
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**Lunch August 12-16**

**Monday Tuesday Wednesday Thursday Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk	Meatballs, Baked Ziti, Vegetables, Milk	Grilled Cheese, Veggie Sticks, Milk
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**Lunch August 19-23**

**Monday Tuesday Wednesday Thursday Friday**

<b>C L O S E D F O R V A C A T I O N</b>				
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**Lunch August 26-30**

**Monday Tuesday Wednesday Thursday Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Chicken, Vegetables, and Pasta, Milk	Grilled Cheese, Veggie Sticks, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk	Cheese Pizza, Vegetables, Milk
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**Lunch September 2-6**

**Monday Tuesday Wednesday Thursday Friday**

<b>CLOSED</b> 	Cheese Pizza, Vegetables, Milk	Meatballs, Baked Ziti, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk
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## Weekly Morning Snack Offerings

- Cheese/Crackers
- Applesauce
- Yogurt with Fruit
- Pudding with Fruit
- Nutrigrain Bar
- Muffins

## Weekly Afternoon Snack Offerings

- Pretzels
- Cheese Puffs
- Nilla Wafers
- Goldfish
- Cheez its
- Fruit