

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
October
7-11**

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
October
14-18**

Monday Tuesday Wednesday Thursday Friday

CLOSED HAPPY COLUMBUS DAY	Taco Tuesday	Meatballs, Baked Ziti, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk
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**Lunch
October
21-25**

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
October 28-
November 1**

Monday Tuesday Wednesday Thursday Friday

Chicken, Vegetables, and Pasta, Milk	Taco Tuesday	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