

# 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  
January 27-31**

**Monday Tuesday Wednesday Thursday Friday**

Cheese Pizza, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Chinese Noodles	Meatballs, Baked Ziti, Vegetables, Milk	Cheese Pizza, Vegetables, Milk
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**Lunch  
February  
3-7**

**Monday Tuesday Wednesday Thursday Friday**

Chicken, Vegetables, and Pasta, Milk	Taco Tuesday	Ravioli, Veggie Sticks, Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk
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**Lunch  
February  
10-14**

**Monday Tuesday Wednesday Thursday Friday**

Mac and Cheese Broccoli or Peas/ Carrots, and Milk	Cheese Pizza, Vegetables, Milk	Chicken, Vegetables, and Pasta, Milk	Cheese Pizza, Vegetables, Milk	Chicken Parm with Pasta, Peas and Carrots, and Milk
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**Lunch  
February  
17-21**

**Monday Tuesday Wednesday Thursday Friday**

<b>CLOSED</b> HAPPY Presidents Day	Ravioli, Veggie Sticks, Milk	Meatballs, Baked Ziti, Vegetables, Milk	Chicken, Fries, Corn, and Milk	Cheese Pizza, Vegetables, Milk
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**U P K Winter Recess**

## 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