

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast includes 1 entrée, 1 fruit or juice and low-fat milk	Apple Cinnamon Oatmeal Bar 43g Fresh Fruit/100% Juice 19g	Pancake on Stick 18g Fresh Fruit/ 100% Juice 14g	Chocolate Chip Oatmeal Bar 43g Fresh Fruit/100% Juice 19g	French Toast Sticks 34g Fresh Fruit / 100% Juice 19g	Cereal Bowl 14g Graham Cracker 11g Fresh Fruit/100% Juice 19g
	Monday	Tuesday	Wednesday	Thursday	Friday
Alternative Entrées are available daily:	4	5	6	7	8
Chef Salad Garden Salad Turkey Sandwich Grilled Cheese	Corn Dog (4oz) 45g Baked Fries (6oz) 19g Apple Sauce (4oz) 21g Mustard/Ketchup Pack (.5oz)	Grilled Cheese Sandwich (1oz) 32g Tomato Soup (4oz) 11g Fresh Carrots (2oz) 9g Apple Juice (8oz) 14g	Spaghetti and Meatball Sauce (4oz) 26g Tossed Salad (8oz) 3g California Blend (3oz) 8g Orange Wedges (8oz) 9g	BBQ Chicken (2oz) 16g Sweet Potatoes (3oz) 5g Pinto Beans (4oz) Diced Pears (4oz) 14g Sliced Wheat Bread (1oz)	Hamburger on Bun (2oz) 34g Waffle Fries (6oz) 21g Peach Slices (4oz) 21g Mustard/Ketchup Pack
Cheeseburger Chicken Sandwich Turkey Club Wrap Vegan (options)	11 Chicken Nuggets (2oz) 14g Baked Beans (3oz) 29g Garlic Broccoli (3oz) 5.4g Orange Wedges (3oz) 9g	12 Turkey Hot Dogs (2oz) 28g Waffle Fries (3oz) 21g Green Beans (3oz) 5g Peach Halves (3oz) 16.49g Mustard/Ketchup Pack	13 Chicken Patty on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	14 WG Pepperoni Pizza (4.5oz) 33g Tossed Salad (7oz) 3g California Blend (2oz) 9g Pineapple Chunks (4oz) 19g	15 Chili Chicken Roll Ups (2oz) 23g Refried Beans (4oz) 20g Steamed Corn (3oz) 20g Mandarin Oranges (4oz) 17g
*Hamburger or hotdog bun included (2 oz) *Fresh Fruit Served Daily	18 Hamburger on Bun (2oz) 34g Waffle Fries (6oz) 21g Peach Slices (4oz) 21g Mustard/Ketchup Pack	19 Sloppy Joe on Bun (2oz) 32g Green Beans (3oz) 5g Tossed Salad (6oz) 3g Fruit Cocktail (4oz)	20 Sweet & Sour Nuggets (2oz) 46g Mixed Vegetable (6oz) 12g Brown Rice (3oz) 45g 100% Apple Juice 14g	21 Chicken Noodles (4oz) 17g Sweet Peas (3oz) 10g Tossed Salad (6oz) 3g Diced Peaches (4oz) 14g	22 Deli Sub (4oz) 30g Steamed Carrots (3oz) 9g Salsa & Chips (3oz) Diced Pears (4oz) 17g
Lunch: includes 1 entrée, 3 fruit/vegetable choices and low-fat milk or non-fat milk	25 Chicken Patty on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	26 Taco Salad/Chips (2oz) (2oz) 9g Shredded Lettuce (8oz) 3g Diced Tomatoes (2oz) 100% Apple Juice 14g	27 BBQ Chicken on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	28 WG Pepperoni Pizza (4.5) 33g Mixed Green/Salad (8oz) 6g California Blend 2oz) 9g Pineapple Chunks (4oz) 19g	1 Turkey Hot Dogs (2oz) 28g Waffle Fries (6oz) 21g Peach Halves (3oz) 16.49g Mustard/Ketchup Pack



Tindley Accelerated High School Breakfast and Lunch Menu January, 2019 9-12th Grade

The USDA is an equal opportunity provider and employer