

# Tindley Collegiate Academy

## Breakfast and Lunch Menu February, 2019

### 6-8th Grade

The USDA is an equal opportunity provider and employer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 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
	<b>4</b>  Corn Dog (4oz) 45g Baked Fries (6oz) 19g Apple Sauce (4oz) 21g Mustard/Ketchup Pack (.5oz)	<b>5</b>  Grilled Cheese Sandwich (1oz) 32g Tomato Soup (4oz) 11g Fresh Carrots (2oz) 9g Apple Juice (8oz) 14g	<b>6</b>  Spaghetti and Meatball Sauce (4oz) 26g Tossed Salad (8oz) 3g California Blend (3oz) 8g Orange Wedges (8oz) 9g	<b>7</b>  BBQ Chicken (2oz) 16g Sweet Potatoes (3oz) 5g Pinto Beans (4oz) Diced Peas (4oz) 14g <b>Sliced Wheat Bread (1oz)</b>	<b>8</b>  Hamburger on Bun (2oz) 34g Waffle Fries (6oz) 21g Peach Slices (4oz) 21g Mustard/Ketchup Pack
	<b>11</b>  Chicken Nuggets (2oz) 14g Baked Beans (3oz) 29g Garlic Broccoli (3oz) 5.4g Orange Wedges (3oz) 9g	<b>12</b>  Turkey Hot Dogs (2oz) 28g Waffle Fries (3oz) 21g Green Beans (3oz) 5g Peach Halves (3oz) 16.49g Mustard/Ketchup Pack	<b>13</b>  Chicken Patty on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	<b>14</b>  WG Pepperoni Pizza (4.5oz) 33g Tossed Salad (7oz) 3g California Blend (2oz) 9g Pineapple Chunks (4oz) 19g	<b>15</b>  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	<b>18</b>  Hamburger on Bun (2oz) 34g Waffle Fries (6oz) 21g Peach Slices (4oz) 21g Mustard/Ketchup Pack	<b>19</b>  Sloppy Joe on Bun (2oz) 32g Green Beans (3oz) 5g Tossed Salad (6oz) 3g Fruit Cocktail (4oz)	<b>20</b>  Sweet & Sour Nuggets (2oz) 46g Mixed Vegetable (6oz) 12g Brown Rice (3oz) 45g 100% Apple Juice 14g	<b>21</b>  Chicken Noodles (4oz) 17g Sweet Peas (3oz) 10g Tossed Salad (6oz) 3g Diced Peaches (4oz) 14g	<b>22</b>  Deli Sub (4oz) 30g Steamed Carrots (3oz) 9g Salsa & Chips (3oz) Diced Peas (4oz) 17g
<b>Lunch:</b> includes 1 entrée, 3 fruit/vegetable choices and low-fat milk or non-fat milk	<b>25</b>  Chicken Patty on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	<b>26</b>  Taco Salad/Chips (2oz) (2oz) 9g Shredded Lettuce (8oz) 3g Diced Tomatoes (2oz) 100% Apple Juice 14g	<b>27</b>  BBQ Chicken on Bun (2oz) 44g Corn (3oz) 20g Steamed Carrots (3oz) 9g Fruit Cocktail (4oz) 17g	<b>28</b>  WG Pepperoni Pizza (4.5) 33g Mixed Green/Salad (8oz) 6g California Blend (2oz) 9g Pineapple Chunks (4oz) 19g	<b>1</b>  Turkey Hot Dogs (2oz) 28g Waffle Fries (6oz) 21g Peach Halves (3oz) 16.49g Mustard/Ketchup Pack

