



Did you know that TUSD offers ALL the elements of a healthy diet to keep your kids strong & healthy?

Look for these symbols next to your favorite menu items to find out all of the healthy options offered on the October menu!

- = Whole Grain
- = Low Fat
- = Smart Snack Dessert
- = Meatless
- = Contains Pork

For more information, please check out the back side of the menu!



Students must select three of the five food groups. One choice must be fruits or vegetables.

This institution is an equal opportunity provider.

October 2017



Prepay online at family.titank12.com

Check out our Salad Bar Station offered daily with seasonal fresh fruits and vegetables!

Daily Milk & Juice Choices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatless Monday Italian Cheesy Bread with Marinara Sauce Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	3 Tyson Oven Baked Chicken Nuggets Emoji Fries Roll <i>Fresh Fruit & Veggie Station</i>	4 Dodger Dog BBQ Baked Beans <i>Fresh Fruit & Veggie Station</i>	5 Crispy Chicken Sandwich Baked Potato Wedges <i>Fresh Fruit & Veggie Station</i>	6 Domino's Cheese Pizza Diced Peaches <i>Fresh Fruit & Veggie Station</i>
9 	10 	11 October 9th-13th is National School Lunch Week! Brunch for Lunch Waffle Sticks Lean Beef Sausage Applesauce <i>Fresh Fruit & Veggie Station</i>	12 Breaded Chicken Drumsticks Mashed Potatoes Roll Crispy Treat <i>Fresh Fruit & Veggie Station</i>	13 Papa John's Cheese Pizza Mixed Fruit <i>Fresh Fruit & Veggie Station</i>
16 Meatless Monday Mac & Cheese Garlic Breadstick Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	17 Taco Tuesday Crunchy Turkey Tacos with Salsa, Lettuce and Cheese Refried Beans <i>Fresh Fruit & Veggie Station</i>	18 Mini Chicken Corn Dogs BBQ Baked Beans <i>Fresh Fruit & Veggie Station</i>	19 Tyson Crispy Chicken Tenders Emoji Fries Roll <i>Fresh Fruit & Veggie Station</i>	20 Domino's Cheese Pizza Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
23 Meatless Monday Bean & Cheese Burrito Sweet Corn Cinnamon Churro <i>Fresh Fruit & Veggie Station</i>	24 Chicken Smackers Mashed Potatoes Biscuit <i>Fresh Fruit & Veggie Station</i>	25 Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Applesauce <i>Fresh Fruit & Veggie Station</i>	26 Cheeseburger or Hamburger Oven Baked Seasoned Fries <i>Fresh Fruit & Veggie Station</i>	27 Papa John's Cheese Pizza Sliced Pears <i>Fresh Fruit & Veggie Station</i>
30 Meatless Monday Cheese Lasagna Garlic Breadstick Fruit Sorbet <i>Fresh Fruit & Veggie Station</i>	31 Happy Halloween Spooky Nuggets Spider Web Fries Pumpkin Cookie <i>Fresh Fruit & Veggie Station</i>	 Happy Halloween	Alternative Menu Choices: 1. PB&J Sandwich 2. Cup of Yogurt 3. Grilled Cheese 4. Entrée Salad (Mon-Thur)	Lunch Pricing: Paid \$3.00 Reduced \$0.40 Milk \$0.50 **Menu Subject to Change