

TENNESSEE HIGH SCHOOL

April 2013

Breakfast--\$1.50 or Reduced Cost--\$.30 Lunch---\$2.25 or Reduced Cost--\$.40 Adult lunch: \$3.00

PAYMENT OPTIONS:

CASH, CHECK - NSF checks will be collected by a Check Recovery Agency with a \$30 service charge, **ONLINE PAYMENTS** at MYLUNCHMONEY.COM: here you can make deposits, set spending limits, view account history. **STUDENTS MAY NOT CHARGE MEALS AT THS**

These choices will generally be available on a daily basis:

<p>CHEF SALAD w Ham-lettuce, tomatoes, carrots & cucumbers with homemade roll, choose one additional veggie and/or one fruit CHEF SALAD w Chicken-lettuce, tomatoes, carrots & cucumbers with homemade roll, choose one additional veggie and/or fruit. SIDE SALADS: small versions of chef salad, without meat and cheese RAW VEGGIES: carrots, celery.</p>	<p>FRUIT CUPS: Fresh offerings include strawberries, watermelon, cantaloupe, honeydew, kiwi. CANNED/FROZEN FRUIT: applesauce, pears, mixed fruit, peaches WHOLE FRUIT: apples, bananas</p>
<p>A LA CARTE ITEMS: Bagels with cream cheese, yogurt, cottage cheese cups, water/flavored waters, baked chips, etc.</p>	<p>SANDWICHES: Turkey/cheese on wheat hogie roll, Ham/cheese on croissant. OTHER: Pizza, chicken sandwiches, hamburgers, french fries, hot dogs</p>

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken tenders and rolls Romaine salad Roasted sweet potatoes April 2	Taco Salad w lettuce, tomato, chips Homemade salsa Spicy black beans April 3	Teri Beef Nuggets Wild & long grain rice Steamed fresh carrots Oriental veggies, egg roll April 4	Flatbread Pizza Margherita Vegetable soup Salad of baby greens April 5
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork on whole wheat bun Baked beans Roasted root vegetables April 8	Chicken Deluxe on whole wheat bun Navy bean soup Romaine salad April 9	Breakfast for lunch, sausage & gravy Biscuits, apples Hash browns April 10	Chicken Tenders and Roll Baked zucchini sticks Roasted sweet potatoes Rolls April 11	Blackened Fish Cole slaw Carrot sticks Baked fries Rolls April 12
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey & Gravy w homemade rolls Steamed snow peas Carrots April 15	Spicy Taco Lasagna Green beans Vegetable sticks Rolls April 16	Thin sliced turkey and cheese on bun White bean soup Sweet Potato tots April 17	Chicken Tenders Sautéed yellow and zucchini squash Spinach salad Rolls April 18	Homemade meatloaf Parsley potatoes Broccoli salad Rolls April 19
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lasagna Romaine Lettuce salad Corn French Bread April 22	Chicken Sticks Rolls Potato wedges Spinach salad April 23	Ham & Cheese Hot Hogies Sweet potatoes Steamed broccoli April 24	BBQ Pork on whole wheat bun Navy bean soup Potato tots April 25	Cuban Sandwich on Focaccia Tomato caprese Spring mix salad April 26
MONDAY	TUESDAY			
Chopped steak w gravy & egg noodles Mashed potatoes Sautéed red peppers Rolls April 29	Popcorn chicken Long grain rice Carrots Oriental veggies Rolls April 30			

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