



# Tunkhannock Intermediate January 2019 Lunch Menu



Lunch \$2.90  
 Breakfast \$1.80  
 Milk \$.50



## Try Our New

### GRAB & GO Station

#### Go-Go

(Yogurt, Cheese Stick, Soft Pretzel, Fruit, Milk)

#### Pizza Bites

(flatbread, Mozzarella Cheese, Pizza Sauce, Fruit, Milk)

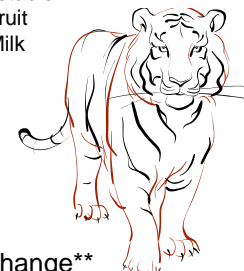
#### Nachos

(Nacho Rounds, Salsa, Cheddar Cheese, Fruit, & Milk)







What is a Meal?

You must choose 3 of 5 Components offered.  
 Minimum of 1/2 cup of Vegetable or fruit must be taken daily.  
 Meat or Meat Alternative  
 Grain  
 Vegetable  
 Fruit  
 Milk



\*\*Menu Subject to Change\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 <b>French Toast Sticks w/ syrup</b> Potato Smiles Sausage Patties Chilled Cinnamon Applesauce	3 <b>Hot dog on a Bun</b> w/choice of cheese Baked Fries Baked Beans Peach Cup	4 <b>Pretzel Bun Melt</b> Tomato Soup Mixed Fruit 
	7 <b>Chicken Nuggets</b> WW Roll Mashed Potato Green Beans Mandarin Oranges	8 <b>Hard Shell Taco</b> (taco Meat & Cheese) Lettuce & Tomato Cup Mixed Veggies Chilled Pears	9 <b>Cheesy Meatloaf Patty w/ Gravy</b> WW Roll Mashed Potato Steamed Carrots Blueberry Cup w/ Topping	10 <b>Mrs T Mini Pierogies w/ choice of Onions</b> Steamed Broccoli W/ Cheese Sauce Chilled Peaches
14 <b>Corn Dog on a Stick</b> Baked Fries Chilled Pears	15 <b>Pulled Pork BBQ on a Bun</b> Baked Beans Tater Tots Peach Cup	16 <b>Baked Ziti w/ Meatballs</b> Green Beans Assorted Fruit Spice Cake	17 <b>Chicken Fryz w/ Sauce</b> WW Roll Mashed Potatoes Mixed Veggies Strawberry Cup	18 <b>Big Daddy Pizza</b> Tossed Salad w/ Dressing Assorted Fruit
21 <b>Texas Toast Grilled Cheese</b> Tomato Soup Chilled Pear Cup	22 <b>Nacho Grande</b> Taco Meat & Cheese Over WG Nacho Rounds Lettuce & Tomato Green Beans Chilled Peaches	23 <b>French Toast Sticks</b> Potato Smiles Sausage Patties Chilled Applesauce	24 <b>Popcorn Chicken</b> Homemade Mac & Cheese Steamed Broccoli Blueberry Cup	25 <b>Cheese Quesadilla</b> w/ salsa & Sour Cream Mixed Veggies Mixed Fruit
28 <b>Bacon Cheeseburger</b> On WW Bun Tater Tots Apple Sauce Cup	39 <b>Hard Shell Taco</b> (taco Meat & Cheese) Lettuce & Tomato Cup Corn Chilled Peaches	30 <b>Meatball Hoagie on a roll</b> Baked Fries Cranberry Oatmeal Cookie Blueberry Cup	31 	<b>**Students must take a 1/2 cup of Fruit or Vegetable daily**</b>  Choice of Milk served Daily (1% & Skim White & Fat Free Flavored) Milk .50

