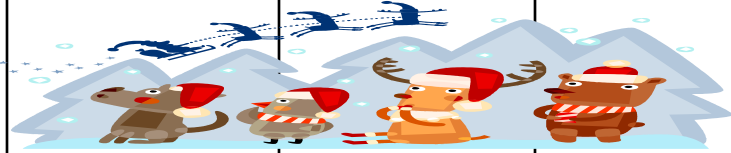




Tunkhannock Intermediate December 2018 Lunch Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|---|---|---|---|
|  |  | | | |
| 3 <u>Tiger Bowl</u> Popcorn Chicken, Mashed Potatoes, Gravy, & Cheese Whole Grain Roll Mixed Fruit | 4 French Toast Sticks w/ syrup Sausage Patti Hash brown Rounds Cinnamon Apple Sauce | 5 Mini Pierogies w/ Onion Broccoli w/ Cheese sauce Blueberry Cup | 6 Meatball Hoagie On a Sub Roll Baked Fries Mixed Berry Cup | 7 Beacon Street Cheese Sticks w/ sauce Steamed Carrots Chilled Peaches |
| 10 Bacon Cheeseburger on a Bun Lettuce & Tomato Smile Potatoes Strawberry Cup | 11 Spaghetti w/ Meat Sauce Garlic Bread Green Beans Apple Sauce | 12 Tangy Tacos Steamed Brown Rice Yellow Corn Salsa Chilled Peaches | 13 <u>Holiday Dinner</u> Roasted Turkey w/ Stuffing Mashed Potato & Gravy Sweet Potatoes Corn Assorted Fruit <i>Ice Cream Treat</i> | 14 Pretzel Bun Sandwich Tomato Soup Mixed Fruit |
| 17 Star Shaped Nuggets WW Roll Baked Fries Assorted Fruit | 18 French Toast Sticks w/ syrup Sausage Patti Hash brown Rounds Cinnamon Apple Sauce | 19 Salisbury Steak Gravy WW Roll Mashed Potatoes Mixed Veggies Apple Crisp w/ Topping | 20 Cheeseburger on a Bun Lettuce & Tomato Potato Smiles Chilled Pears | 21 BBQ Beef Rib Sandwich Baked Fries Assorted Fruit |
| 24  | 25  | 26 | 27  | 28 Merry Christmas  from the Cafeteria Crew  |
| MERRY CHRISTMAS | | | | |



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



3rd & 4th

Choice:
Main menu
Express 2 item served only
Salad & Hoagie: choices
1 hoagie, PBJ, or Make
Your own Salad



Choice of Milk served Daily
(1% & Skim White & Fat Free
Flavored)
Milk .50

What is a Meal?
You must choose 3 of 5
Components offered.

Minimum of 1/2 cup of
Vegetable or fruit must
Taken daily.

Meat or Meat Alternative
Grain
Vegetable
Fruit

