






Tunkhannock Intermediate February 2019 Lunch Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
	 <i>for a special someone</i> Happy Valentine's Day!			1 Pretzel Bun Melt Tomato Soup Mixed Fruit 
4 Football Nuggets WW Roll Mashed Potato Green Beans Mixed Fruit	5 Meatball Hoagie On steak roll Baked Fries Blueberry Cup	6 Rib BQ Sandwich On Sub Roll Baked Fries Steamed Carrots Blueberry Cup w/ Topping	7 Mrs T Mini Pierogies w/ choice of Onions Steamed Broccoli W/ Cheese Sauce Chilled Peaches 	8 Beacon Street Bread Sticks w/ Sauce Green beans Assorted Fruit
11 Hard Shell Taco (taco Meat & Cheese) Lettuce & Tomato Cup Corn Chilled Peaches	12 Pulled Pork BBQ on a Bun Baked Beans Tater Tots Spice Cake	13 Spaghetti w/ Meatballs Green Beans Assorted Fruit Green Bean Mandarin Oranges	14 Chicken Fryz w/ Sauce WW Roll Mashed Potatoes Mixed Veggies Mixed Fruit	15 Bacon Cheeseburger Lettuce & tomato Baked Fries Warm Apple Slices
18 Texas Toast Grilled Cheese Tomato Soup Blueberry Crumb Bar	19 Nacho Grande Taco Meat & Cheese Over WG Nacho Rounds Lettuce & Tomato Green Beans Chilled Peaches	20 French Toast Sticks Hashbrown Rounds Sausage Patties Chilled Applesauce	21 Popcorn Chicken Homemade Mac & Cheese Steamed Broccoli Apple Crisp	22 Cheese Quesadilla w/ salsa & Sour Cream Mixed Veggies Mixed Fruit
25 Tiger Bowl Popcorn chicken mashed potatoes & Gravy Corn & cheese in a bowl & WW Roll Applesauce Cup	26 Hard Shell Taco (taco Meat & Cheese) Lettuce & Tomato Cup Corn Chilled Peaches	27 Meatball Hoagie on a roll Baked Fries Cranberry Oatmeal Cookie Blueberry Cup	28 Hot dog on a Bun w/ choice of cheese Baked Fries Baked Beans Mixed Berry Cup	**Students must take a ½ cup of Fruit or Vegetable daily** Choice of Milk served Daily (1% & Skim White & Fat Free Flavored) Milk .50

Try Our New

GRAB & GO Station

Go-Yo

(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 ½ cup of Vegetable or fruit must Taken daily.
 Meat or Meat Alternative
 Grain
 Vegetable
 Fruit
 Milk



Menu Subject to Change

