

TIDEHAVEN I.S.D. 2010 – 2011 LUNCH MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Steak Fingers, Mashed Potatoes w/gravy, Green Beans, Bread, Fruit 8/30, 9/27, 10/25, 11/22, 1/3, 1/31, 2/28, 3/28, 4/25	BBQ Chicken, Pinto Beans, Bread, Pickles, Gelatin w/Fruit 8/31, 9/28, 10/26, 11/23, 1/4, 2/1, 3/1, 3/29, 4/26	Turkey & Ham Sub Sandwich, Sandwich Salad, Oven Fries, Cookies 9/1, 9/29, 10/27, 1/5, 2/2, 3/2, 3/30, 4/27	Chicken Quesadillas, Refried Beans, Salad, Fruit 9/2, 9/30, 10/28, 1/6, 2/3, 3/3*, 3/31, 4/28	Pizza, Fresh Garden Salad, Fruit 9/3, 10/1, 10/29, 1/7, 2/4, 3/4*, 4/1, 4/29
CYCLE 2	Chicken Nuggets, Mashed Potatoes, Seasoned Green Beans, Hot Rolls, Fruit 10/4, 11/1, 11/29, 1/10, 2/7, 3/7, 4/4, 5/2	Spaghetti w/meat sauce, Fresh Garden Salad, Garlic Bread, Fruit 9/7, 10/5, 11/2, 11/30, 1/11, 2/8, 3/8, 4/5, 5/3	Hot Dogs, Oven Fries, Pickles, Rice Krispie Treats 9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/9, 4/6, 5/4	Parmesan Chicken, Steamed Carrots, Garden Salad, Bread, Cookies 9/9, 10/7, 11/4, 12/2, 1/13, 2/10, 3/10, 4/7, 5/5	Taco Salad, Refried Beans, Asst. Crackers, Fruit 9/10, 10/8, 11/5, 12/3, 1/14, 2/11, 3/11, 4/8
CYCLE 3	Ham & Cheese Melt, Vegetable Soup, crackers, Fruit 9/13, 11/8, 12/6, 2/14, 3/14, 4/11	Chicken Enchiladas Mexican Rice, Refried Beans, Fruit 9/14, 10/12, 11/9, 12/7, 1/18, 2/15, 3/15, 4/12, 5/10	Soft Taco Supreme, Corn, Asst. Crackers, Fruit 9/15, 10/13, 11/10, 12/8, 1/19, 2/16, 3/16, 4/13, 5/11	Oven Fried Chicken, Whipped Potatoes, Garden Salad, Cornbread, Pudding 9/16, 10/14, 11/11, 12/9, 1/20, 2/17, 3/17, 4/14, 5/12	Hamburger, Hamb. Salad, Oven Fries, Gelatin w/fruit 9/17, 10/15, 11/12, 12/10, 1/21, 2/18, 3/18, 4/15, 5/13
CYCLE 4	Nachos Grande, Refried Beans, Asst. Crackers, Fruit 9/20, 10/18, 11/15, 12/13, 1/24, 2/21, 3/21, 4/18	Southwestern Chicken Sandwich, Oven Fries, Fruit 9/21, 10/19, 11/16, 12/14, 1/25, 2/22, 3/22, 4/19	Shepard's Pie, California Vegetables, Hot Rolls, Pudding 9/22, 10/20, 11/17, 12/15, 1/26, 2/23, 3/23, 4/20	Corn Dog, Tossed Salad, Ranch Style Beans, Fruit 9/23, 10/21, 11/18, 12/16, 1/27, 2/24, 3/24, 4/21	Fish, Baked Potato, Asst. Crackers, Carrot and Celery Sticks, Fruit 9/24, 10/22, 11/19*, 12/17, 1/28, 2/25, 3/25
Special Event Days: 12/17, 2/14, 4/21	* Emergency Days March 3 March 4	MANAGERS CHOICE MENUS August 23-August 27 May 16- May 26 <u>Chef Salad offered at High School</u> <u>Iced Tea offered at Intermediate and High School-\$0.25</u>		2 nd Choice Menu during Lent, Tuna Sandwich, Salad, Fruit 3/9-4/24	*Turkey & Dressing, Green Beans, Candied Yams, Hot Rolls, Fruit 11/19

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800)795-3272 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

LOWFAT AND SKIM MILK OFFERED ON ALL LUNCH MENUS.

TIDEHAVEN I.S.D. 2010 – 2011 BREAKFAST MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CYCLE 1	Oatmeal, Toast 8/30, 9/27, 10/25, 11/22, 1/3, 1/31, 2/28, 3/28, 4/25	Breakfast Tacos 8/31, 9/28, 10/26, 11/23, 1/4, 2/1, 3/1, 3/29, 4/26	Waffles, Cereal 9/1, 9/29, 10/27, 1/5, 2/2, 3/2, 3/30, 4/27	Sandwich Peanut Butter & Jelly 9/2, 9/30, 10/28, 1/6, 2/3, 3/3*, 3/31, 4/28	French Toast, Cereal 9/3, 10/1, 10/29, 1/7, 2/4, 3/4*, 4/1, 4/29
CYCLE 2	Donuts, Cereal 10/4, 11/1, 11/29, 1/10, 2/7, 3/7, 4/4, 5/2	Breakfast Tacos 9/7, 10/5, 11/2, 11/30, 1/11, 2/8, 3/8, 4/5, 5/3	Sausage, Biscuit 9/8, 10/6, 11/3, 12/1, 1/12, 2/9, 3/9, 4/6, 5/4	Breakfast Pocket, Toast 9/9, 10/7, 11/4, 12/2, 1/13, 2/10, 3/10, 4/7, 5/5	Muffins, Cereal 9/10, 10/8, 11/5, 12/3, 1/14, 2/11, 3/11, 4/8
CYCLE 3	Breakfast Pizza 9/13, 11/8, 12/6, 2/14, 3/14, 4/11	Sausage Roll 9/14, 10/12, 11/9, 12/7, 1/18, 2/15, 3/15, 4/12, 5/10	Oatmeal, Toast 9/15, 10/13, 11/10, 12/8, 1/19, 2/16, 3/16, 4/13, 5/11	Pancakes, Ham 9/16, 10/14, 11/11, 12/9, 1/20, 2/17, 3/17, 4/14, 5/12	Scrambled Eggs and Biscuits 9/17, 10/15, 11/12, 12/10, 1/21, 2/18, 3/18, 4/15, 5/13
CYCLE 4	Muffins, Cereal 9/20, 10/18, 11/15, 12/13, 1/24, 2/21, 3/21, 4/18	Breakfast Bar, Toast 9/21, 10/19, 11/16, 12/14, 1/25, 2/22, 3/22, 4/19	Donuts, Cereal 9/22, 10/20, 11/17, 12/15, 1/26, 2/23, 3/23, 4/20	Sausage, Biscuit 9/23, 10/21, 11/18, 12/16, 1/27, 2/24, 3/24, 4/21	Cheese Toast, Cereal 9/24, 10/22, 11/19, 12/17, 1/28, 2/25, 3/25
Manager's Choice Menus August 23-August 27 May 16- May 26					

ASSORTED JUICES, LOWFAT AND SKIM MILK OFFERED ON ALL BREAKFAST MENUS.

* Emergency Days

MEAL PRICES

BREAKFAST	LUNCH	EXTRAS
Student: Free	Elementary Student: \$2.00	Main Dish: \$1.00
Employee: \$1.75	Secondary Student: \$2.25	Milk or Juice: \$0.35
Adult Visitor: \$2.25	Employee: \$2.75	FF/Potatoes: \$0.50
Child Visitor: \$0.75	Adult Visitor: \$3.50	Veg./Fruit/Dessert: \$0.25
	Child Visitor: \$1.50	Tea: \$0.25

Free and Reduced Price (\$0.40) lunches provided for eligible students. Please contact your child's school for information. **An alternate lunch (that meets Federal Guidelines) will be provided once student has 5 charges.** (Alternate Lunch: sandwich, vegetable, fruit, milk)

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