

TIDEHAVEN I.S.D. 2011 – 2012 LUNCH MENUS

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

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 Adjudication, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

1%, NO FAT AND SKIM MILK OFFERED ON ALL LUNCH MENUS.

TIDEHAVEN I.S.D. 2011 – 2012 BREAKFAST MENUS

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

ASSORTED JUICES, LOWFAT, NO FAT AND SKIM MILK OFFERED ON ALL BREAKFAST MENUS.

* Emergency Days

MEAL PRICES

BREAKFAST	LUNCH	EXTRAS
Student: Free	Elementary Student: \$2.25	Main Dish: \$1.00
Employee: \$1.75	Secondary Student: \$2.50	Milk or Juice: \$0.35
Adult Visitor: \$2.25	Employee: \$3.00	FF/Potatoes: \$0.50
Child Visitor: \$0.75	Adult Visitor: \$3.75	Veg./Fruit/Dessert: \$0.50
	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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