



# THS Café Winter Spring 2018

Remember, you must take a fruit or vegetable with each breakfast and lunch.

You are welcome to take **two** vegetables **and** a fruit for a filling lunch!

Breakfast--\$1.75 or Reduced Cost--\$.30    Lunch---\$2.70 or Reduced Cost--\$.40    Adult lunch: \$3.40

### PAYMENT OPTIONS:

**CASH, CHECK** - NSF checks will be collected by a Check Recovery Agency with a \$30 service charge, **ONLINE PAYMENTS** at MYSCHOOLBUCKS.COM: here you can make deposits, set spending limits, view account history.

**STUDENTS MAY NOT CHARGE MEALS AT THS**

**These choices will generally be available on a daily basis: choice of sandwich, salad bar, fresh fruit and vegetables, pizza, french fries, snack items, and assortment of milk and beverages.**

### Menu for Week of Jan 1, Jan 22, Feb 12, Mar 5, Apr 2, Apr 23, May 14( WK 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast - French Toast	Breakfast - Fruit Strudel	Breakfast - Glazed Pancakes	Breakfast - BEC Biscuit	Breakfast - Chicken Mini
Bkfst 4 lunch - Eggs, Sausage, Biscuit, Gravy	Chicken Alfredo with Garlic Breadstick	Chicken Taco or Veggie Taco with Toppings	Nachos with Cheese	Spaghetti with Meatsauce
Spicy Chicken Sandwich	Meatball Sub	Chicken Sandwich	Hamburger	Popcorn Chicken
Ham & Cheese Sub	Buffalo Chicken Flatbread	Italian Turkey Panini	Hawaiian Flatbread	Turkey & Cheese Sub
Cooked Apples	Steamed Broccoli	Corn Salsa	Buttered Peas	Garlic Breadstick
Oven Fried Potatoes		Pinto Beans	Baked Potato	M.potatoes, Gr.Beans

### Menu for Week of Jan 8, Jan 29, Feb 19, Mar 19, Apr 9, Apr 30, May 21 (WK 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast - BEC Croissant	Breakfast - Biscuit/Gravy	Breakfast - Banana Bread	Breakfast - Dutch Waffle	Breakfast - Ham & Cheese Croissant
Cheesebread/Marinara	Popcorn Chicken/Roll	Corn Dog Nuggets	Lasagna	Homemade Chili & Cheese Bowl, Cornbread (2)
Hamburger	Meatball, Gravy, and Mashed Potato Bowl with Roll	General Tso's Chicken & Vegetables with Fried Rice and Egg Roll	All Beef Hamburger	Garlic Bread Pizza
Chicken Parmesan Panini	Ham & Cheese Panini	Italian Turkey Panini	Turkey & Cheese Sub	Cheesy Chicken Flatbread
Coleslaw	Mashed Potatoes	Baked Beans	Roasted Root Veggies	California Blend Vegetables
Cubed Potatoes	Peas	Buttered Corn	Broccoli w/Cheese	

### Menu for Week of Jan 15, Feb 5, Feb 26, Mar 26, Apr 16, May 7 (WK 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast - Sausage Biscuit	Breakfast - Cinnamon Bun	Breakfast - BEC Croissant	Breakfast - Dutch Waffle	Breakfast - Bagel with Cream Cheese
Ham and Cheese Flatbread	Baked Ziti and Garlic Bread Stick	Big Daddy Pizza	Popcorn Chicken & Mashed Potato Bowl with Biscuit	Grilled Chicken Sandwich
Chicken Tenders w/Roll	Chicken Sliders	Homemade Hamburger	Hamburger	Taco Salad
Philly Steak Flatbread	Asian Turkey Panini	Casserole & Cornbread	Buffalo Chicken Flatbread	Turkey & Cheese Sub
Green Beans	Broccoli w/Cheese	Ham & Cheese Sub	Corn	Cali Blend Vegetables
	Baked Potato	Coleslaw	Mashed Potatoes	Baked Beans
		Au Gratin Potatoes		

" This institution is an equal opportunity provider."