

Tinora Middle School
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 29 | 30 | 31 | 1 Spaghetti w/ meat sauce <br> Romaine Salad $w /$ dressing Garlic toast Applesauce ice cream cup <br> Spicy Chicken Sandwich | $\begin{array}{ll} \text { Pizza } \\ & \text { Baked beans } \\ \text { Sliced peppers } \\ \text { Peaches } \end{array}$ | News <br> Choice of Milk: <br> Chocolate <br> Strawberry <br> White <br> Skim |
| 5 <br> Chicken Tenders w/ BBQ Tater tots Pears Breadstick <br> Grilled Ham \& Cheese Sandwich | $\begin{gathered} \text { Nachos w/ cheese } \\ \text { Peas } \\ \text { Pretzel } \\ \text { Sliced cucumbers } \\ \text { Pineapple } \\ \text { Grilled Chicken Salad Meal } \end{gathered}$ | 7 <br> Hamburger w/ pickles Cheese slice French fries 3-bean salad Apple <br> BBQ Pulled Pork Sandwich | 8 <br> Sliced Turkey w/ gravy Mashed potatoes Dinner roll Fruited Jell-O <br> Salisbury Steak | 9 <br> Homemade Pizza Steamed Broccoli Cherry tomatoes Banana Snack | Breakfast  <br> Adult 2.25 <br> K-12 1.80 <br> Reduced 0.30 <br> Milk 0.60 |
| 12 <br> Mini Pancakes w/ syrup Bacon Carrots w/ dip Juice Hash brown (7-12) <br> Egg \& Cheese Sandwich | 13 <br> Mini Corn Dogs French fries Grapes <br> Spicy Chicken Strips | 14 <br> Grilled Cheese Tomato soup Crackers Applesauce <br> Pork Fritter Sandwich | 15 <br> Pizza <br> Romaine w/ dressing Cauliflower w/ dip Peaches | $16$ $\begin{gathered} \text { NO } \\ \text { school } \end{gathered}$ | Lunch  <br> Adult 3.95 <br> Student 3.00 <br> Reduced 0.40 <br> Milk 0.60 <br> Daily Ala Carte options: |
| 19 $\begin{gathered} \text { NO } \\ \text { SCHOOL } \end{gathered}$ | 20 <br> Homemade Mac \& Cheese Green beans Breadstick Carrots w/ dip Pears <br> Fiestada | 21 <br> Hamburger w/ pickles Cheese slice French fries Apple <br> Fish Sandwich | 22 <br> Soft Taco w/ lettuce \& cheese Sour cream \& salsa Corn Pineapple Cookie <br> Chicken Fajita | 23 <br> Bosco Sticks w/ marinara Sliced peppers Fruit slushie Broccoli w/ dip | Muffins <br> Salads <br> Cookies Chips Ice cream treats Gatorade ICE drinks |
| 26 Hot Dog w/ chili sauce Chese cup Tater Tots Applesauce <br> Burito w/ queso | 27 <br> Breaded Chicken Sandwich French fries Pineapple <br> Pizza Burger | 28 Popcorr Chicken w/ BBQ $_{\text {Doritos }}^{\text {Carros }}$ (dip | 29 <br> Beef \& Noodles Mashed Potatoes Dinner roll Fruited Jell-O <br> Fish Sticks | 1 | Apple juice <br> Propel <br> Water <br> Menu subject to change |

