*TFS MEAL MENU*

 NEWS

Happy Fall, Don’t Forget No School Friday October 4th, 2019, Picture Day October 9th 2019

**Breakfast Slider, Fruit Cup and Milk**

**Lunch: Chicken Alfredo, Garlic Bread, Mix Vegetables, Fruit, Salad and Milk**

**Breakfast Pizza, Fruit and Milk**

**Lunch: Beef Nachos, Beans, Corn, Salad, Fruit and Milk**

**Muffins, Fruit, and Milk**

**Lunch: Chicken & Rice Soup, Cornbread, Salad, Fruit and Milk**

 **No School**

**Cereal, Orange, and Milk**

**Lunch: Spaghetti, Garlic Bread, Salad, Peas, Fruit and Milk**

**Sausage Biscuit, Fruit and Milk**

**Lunch: Chicken Stir Fry, Egg Roll, Salad, Fruit and Milk**

**Breakfast Pizza, Fruit and Milk**

**Lunch: Beef Stroganoff, Garlic Bread, Green Beans, Salad, Fruit and Milk**

**Breakfast Cookies, Fruit and Milk**

**Lunch: Chili Con Carne, Cornbread, Carrots, Fruit and Milk**

**Bagel w/ Cream Cheese, Fruit**

**Cup and Milk**

**Lunch: Pizza, Carrot Sticks, Salad, Fruit and Milk**

**Cereal, Apple, and Milk**

**Lunch: Scrambled Eggs, Sausage, Potato Rounds, Orange Wedges, Biscuits, Dragon Fruit and Milk**

**Breakfast Pizza, Fruit and Milk**

**Lunch: Tacos, Beans, Corn, Salad, Fruit and Milk**

**Muffins, Fruit, and Milk**

**Lunch: Chicken & Bean Soup, Cornbread, Salad, Fruit and Milk**

**Bagel w/ Cream Cheese**

**Lunch: Grilled Cheese Sandwich, Carrot Sticks, Salad, Fruit and Milk**

**Cereal, Orange, and Milk**

**Lunch: Chicken Fajitas, Corn Beans, Salad, Fruit and Milk**

**Sausage Biscuit, Fruit and Milk**

**Lunch: Spaghetti, Garlic Bread, Salad, Peas, Fruit and Milk**

**Breakfast Pizza, Fruit and Milk**

**Lunch: Chicken Pot Pie, Sweet Potato, Salad, Fruit and Milk**

**Breakfast Cookies, Fruit and Milk**

**Lunch: Chicken Chili, Cornbread, Salad, Fruit and Milk**

**Bagel w/Cream Cheese**

**Lunch: Turkey Dog, Chips, Carrot Sticks, Salad, Fruit and Milk**

**Cereal, Apple, and Milk**

**Lunch: Beef Stroganoff, Garlic Bread, Green Beans, Salad, Fruit and Milk**

**Breakfast Slider, Fruit Cup and Milk**

**Lunch: Chicken Alfredo, Garlic Bread, Mix Vegetables, Salad, Fruit and Milk**

**Breakfast Pizza, Fruit and Milk**

**Lunch: Beef Nachos, Beans, Corn, Salad, Fruit and Milk**

**Muffins, Fruit and Milk**

**Lunch: Chicken & Rice Soup, Cornbread, Salad, Fruit and Milk**

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Breakfast Slider, Fruit and Milk

Lunch: Chicken, Potato Rounds, Vegetables, Salad, Biscuit, Fruit and Milk