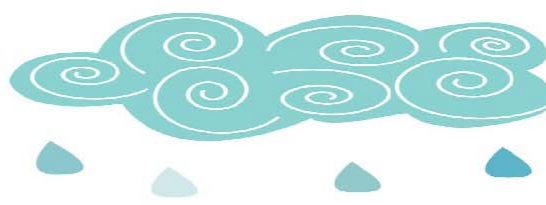


April 2018



TAE HIGH SCHOOL



Available Daily
 PBJ Sandwich
 Chef Salad w/Bread Choice
 Vegetarian Chef Salad w/Bread Choice
 Yogurt w/Bread Choice
 Fruit & Yogurt Parfait w/Bread Choice
 Assorted Pizza
M/W/F: Asst. Subs
T/Th: Asst. Wraps
Tossed Salad
Fresh Vegetables
Fresh Fruit
 Fruit Cups
 100% Fruit Juice
 Chilled Milk
Weekly Specials:
MON: Cheeseburger on a Roll
TUES: Chicken Nuggets w/Bread
WED: Baked Crispy Chicken Sandwich (Plain or Spicy)
THURS: BBQ Pork Rib on a Roll
Fri: Baked Mozzarella Sticks w/Marinara Sauce
Bread Choice = Breadstick or Soft Pretzel

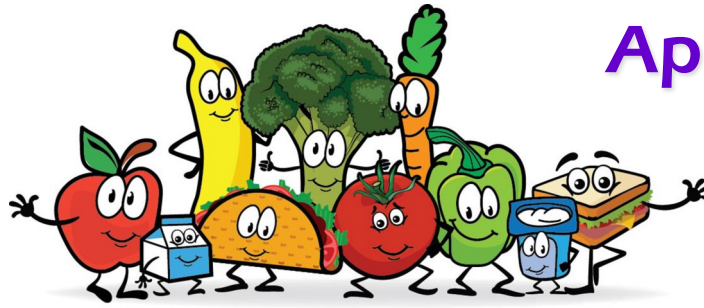
PRICING

Grades PK-8	\$1.50
Grades 9-12	\$1.70
Reduced	\$0.25
Breakfast	\$1.35
Milk/Ala Carte	\$0.75
Snacks	\$0.50-\$1.30

PARENTS & STUDENTS
 Visit the Foodservice/Cafeteria link on your district website to view menus & much more!!

THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 TEX-MEX DAY! Meat or Bean Nacho Grande w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	4 Homemade Macaroni & Cheese w/Bread Green Beans Fresh Baby Carrots Fruity Jello w/Whipped Topping	5 ASIAN RICE BOWL! Chicken Teriyaki w/Rice Hot Dog on a Roll Steamed Broccoli Florets	6 Grilled Chicken Sandwich Crispy Fish Filet Sandwich Carrot Coins
9 Homestyle Chicken Tenders w/Rice Stuffed Crust Pizza Carrot Coins Green Beans	10 TEX-MEX DAY! Meat or Bean Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans	11 Hot Turkey & Gravy w/Biscuit Breakfast Sandwich Green Beans Mashed Potatoes w/Gravy Homemade Fruit Crisp	12 Buffalo Melt Southwest Taco Salad w/Rice Steamed Broccoli Florets Fresh Cucumber Slices	13 Pizza Dunkers w/Marinara Sauce Turkey Club Wrap Carrot Coins
16 BREAKFAST 4 LUNCH! Mini Pancakes w/Sausage Chicken Ranch Wrap Carrot Coins Tater Tots	17 TEX-MEX DAY! Meat or Bean Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans	18 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Tuna Salad Sandwich Green Beans Fresh Pepper Strips Cinnamon Applesauce Jello	19 ASIAN RICE BOWL! Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Florets	20 Buffalo Macaroni & Cheese w/Bread Italian Meatball Sub Carrot Coins
23 	SPRING BREAK APRIL 23rd - APRIL 27th			27
30 Authentic North Carolina Pulled Pork Sandwich Popcorn Chicken Bites w/Goldfish Carrot Coins Oven Fries	Contact the FS Office if you have any questions, comments or concerns. We can be reached at (607) 733-5854 or Email: sblunt@gstbores.org or mdougherty@gstbores.org		BREAKFAST MENU MONDAY: Breakfast Wrap TUESDAY: Breakfast on a Stick WEDNESDAY: Breakfast Sandwich THURSDAY: French Toast Sticks FRIDAY: Breakfast Pizza DAILY OPTIONS: Cinnamon Roll, Bagel, Goldfish Graham, Cereal, Muffin Top, Yogurt, Fruit, Fruit Juice & Milk 	



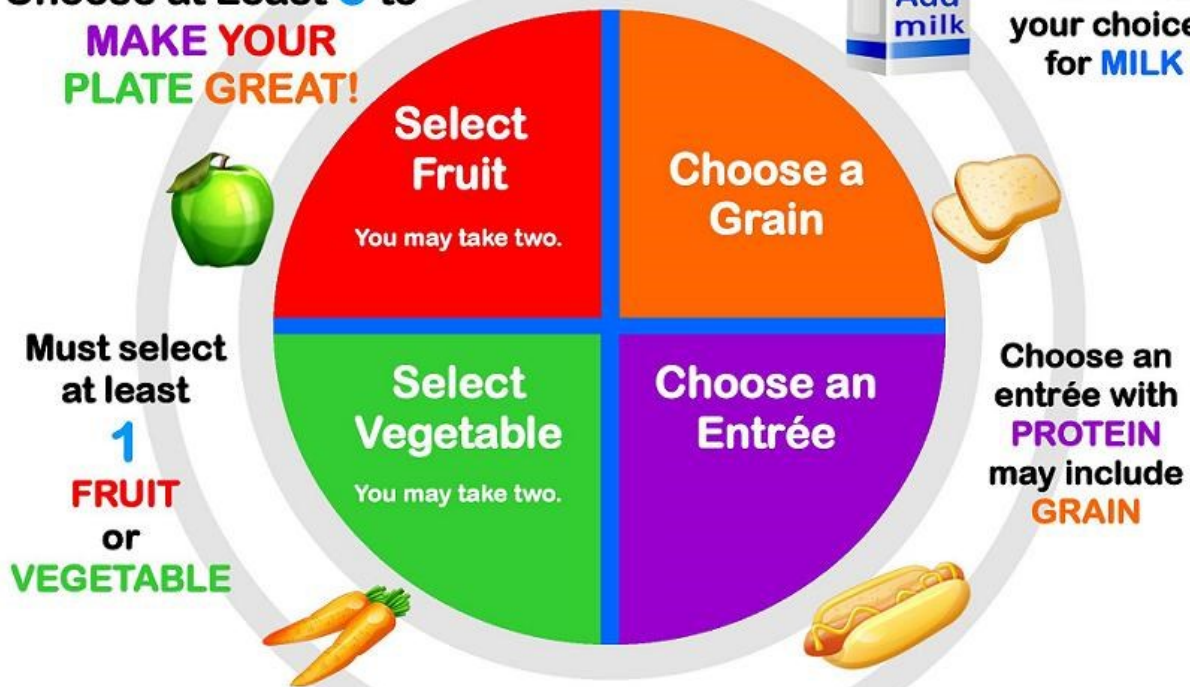
What is a healthy meal? Use this chart as your guide. All 5 components are offered every day in your school's lunch!

5 Food Components Fill Your Plate...

Choose at Least **3** to
MAKE YOUR
PLATE GREAT!



Check out
your choices
for **MILK**



MAKE YOUR PLATE GREAT!

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 USDA, Director, Office of Administration, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (TDD). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 854-1346 (TDD/voice). USDA is an equal opportunity provider and employer.

REMEMBER:

Free and Reduced applications are accepted all year long. Just visit your district website foodservice page to print one or contact your food service manager. If you have an existing application on file and there has been a change in income for your family, you may submit an updated application at any time.