

Steps for Choosing a School Lunch

Choose at least 3 Components, each from separate food groups, one of which must be a fruit or a veggie.

Please reference the posted daily menu to see component content of each item to make selections. Don't hesitate to ask for help if needed

Step 1-	One entrée- Choose an Entrée available for School Lunch that day
Step 2-	Two Fruits- Choose a Fresh Fruit, Fruit Cup, Applesauce, Pack of Craisins/Raisins, or a Juice
Step 3-	Two Veggies- Choose a Fresh Veggie Dipper, Hot Veggie, Small Side Salad, or a side of French Fries
Step 4-	One Whole Grain- Choose a Garlic Bread if your Entrée doesn't include a Grain already like a Bun.
Step 5-	One Dairy- Choose a White or Chocolate Milk if you'd like

<u>Lunch Examples</u>					
<u>Entrée / Protein</u>		<u>Fruit</u>	<u>Veggie</u>	<u>Grain</u>	<u>Dairy</u>
Pepperoni Calzones	Popcorn Chicken	Fruit Cups	Fries	Garlic Bread	Milk
Corn Dogs Minis	Cheeseburger	Craisins/Raisins	Fresh Veggie Cups	Sandwich Buns	
Mac N' Cheese	Chicken Sandwich	Applesauce	Small Salads	Hotdog Buns	
Tacos or Nachos	Chicken Quesadillas	Grapes			
Grilled Hotdog	Penne Pasta Marinara	Apples			
Grilled BBQ Chicken Sandwich	Cheese Stuffed Bread Sticks	Juice Boxes			

<u>Outside Vendors</u>	
Monday	Firehouse 6" Subs- \$6
Wednesday	Papa John's Pizza Slices- \$2.50
Tuesday	Chick-Fil-A- Sandwiches- \$6.75



<u>Rotating Lunch Entrees</u>		<u>Drinks</u>	
Monday-	Brunch for Lunch	Gatorade	\$ 2.75
	Cheese Stuffed Bread Sticks	Propel	\$ 3.00
	Philly Steak Sandwich	Water 20oz	\$ 1.75
	Popcorn Chicken	Soda	\$ 1.50
Tuesday-	Mini Corn Dogs	Lipton Diet Green Tea 20oz	\$ 2.25
	Mac N' Cheese	Pure Leaf Tea	\$ 2.75
	Pasta Marinara	Kickstart	\$ 2.75
	French Bread Pizza	Starbucks Nitro Brew	\$ 5.25
	Popcorn Chicken	Tropicana Premium	\$ 3.50
		Juice 6oz	\$ 0.95
Wednesday-	Crispy or Spicy Chicken Sandwich	Milk	\$ 0.75
	Cheesy Garlic Pull-Aparts	<u>Specials & Combos</u>	
	Grilled Cheese Sandwiches	Premium Rice or Pasta Bowls	\$ 6.00
	BBQ Chicken Quesadilla	Premium Wrap & Chips	\$ 6.00
	Popcorn Chicken	Premium Combo Baskets	\$ 6.00
Thursday-	Cheese or Pepperoni Pizza	Premium Apps	\$ 4.25
	Flame Grilled Hot Dogs	<u>House Baked Desserts</u>	
	Popcorn Chicken	Choc Chip Cookies	\$ 3.00
Friday-	Cheeseburgers	Scratch Brownies	\$ 3.00
	Pepperoni Calzones	Brownie/Cookie Bit Parfait	\$ 3.50
	Popcorn Chicken		

<u>Tocoi Creek Menu Price List</u>							
Lunch	\$ 3.50	Adult Entrée	\$ 3.25	Garlic Bread	\$ 0.35	String Cheese	\$ 1.00
Lunch Entrée	\$ 3.00	Adult Lunch	\$ 5.00	Fruit Snacks	\$ 1.00	Snack Parfait	\$ 3.50
Vegetable	\$ 0.85	Fries	\$ 2.00	Assorted Chips	\$ 1.75	Rice Krispy Treat	\$ 1.00
Fruit	\$ 0.85	Tater Tots	\$ 2.00	Premium Ice Cream	\$ 2.50	Premium Salad	\$ 6.00
Extra Condiment	\$ 0.75	Fruit Roll-Up	\$ 1.00	Ice Cream	\$ 1.25	Craisins/Raisins	\$ 0.85