

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

<b>Lunch</b>					
<b>Entrée / Protein</b>		<b>Fruit</b>	<b>Veggie</b>	<b>Grain</b>	<b>Dairy</b>
Calzones	Popcorn Chicken	Fruit Cups	Fries	Garlic Bread	Milk
Corn Dogs Minis	Cheeseburger	Craisins/Raisins	Veggie Cups	Sandwich Buns	
Mac N' Cheese	Chicken Sandwich	Applesauce	Small Salads	Hotdog Buns	
Tacos or Nachos	Chicken Nuggets	Grapes	Hot Veggies		
Grilled Hotdog	Pizza Slices	Apples			
Pulled Pork Sandwich	Cheese Stuffed Bread Sticks	Juice Boxes			



<b>Outside Vendors</b>	
<b>Monday</b>	Firehouse 6" Subs- \$6
<b>Wednesday</b>	Papa John's Pizza Slices- \$2.50
<b>Tuesday/Thursday</b>	Chick-Fil-A- Sandwiches- \$6.50

<b>Rotating Lunch Entrees</b>		<b>Drinks</b>	
<b>Monday-</b>	Cheesy Chicken Quesadilla	Gatorade	\$ 2.50
	Cheese Stuffed Bread sticks	Propel	\$ 2.75
	Brunch for Lunch	Kickstart	\$ 2.25
	Popcorn Chicken	Asst. Izze Sparkling Juices	\$ 1.75
<b>Tuesday-</b>	Flame Grilled Hotdogs	Water 20oz	\$ 1.50
	Mac N' Cheese	Soda	\$ 1.25
	Pasta Marinara	Tea 20oz	\$ 1.75
	Popcorn Chicken	Starbucks Iced Lattes	\$ 4.75
<b>Wednesday-</b>	Crispy or Spicy Chicken Sandwich	Starbucks Refreshers	\$ 4.75
	Grilled Cheese Sandwiches	Tropicana Premium	\$ 2.80
	Popcorn Chicken	Juice 6oz	\$ 0.85
<b>Thursday-</b>	French Bread Pizza	Milk	\$ 0.60
	Corn Dogs		
	Popcorn Chicken		
<b>Friday-</b>	Cheeseburgers	<b>House Baked Desserts</b>	
	Pepperoni Calzones	Big Choc Chip Cookie	\$ 2.75
	Popcorn Chicken	Scratch Brownies	\$ 2.75
		Brownie/Cookie Bit Parfait	\$ 3.25

<b>Tocoi Creek Menu Price List</b>							
Lunch	\$ 3.50	Combo Special	\$ 3.75	Garlic Bread	\$ 0.75	String Cheese	\$ 0.85
Lunch Entrée	\$ 2.75	Fries	\$ 1.75	Kettle Chips	\$ 1.50	Parfait	\$ 3.25
Vegetable	\$ 0.75	Tater Tots	\$ 1.75	Assorted Chips	\$ 1.00	Rice Krispy Treat	\$ 1.00
Fruit	\$ 0.75	Extra Condiment	\$ 0.75	Cereal Bars	\$ 1.25	Premium Salad	\$ 4.50
Adult Entrée	\$ 2.75	Premium Sandwich	\$ 4.25	Ice Cream	\$ 1.00	Small Side Salad	\$ 2.50
Adult Lunch	\$ 4.50	Fruit Snacks	\$ 1.00	Premium Ice Cream	\$ 2.25	Craisins/Raisins	\$ 0.75