

TEC Lunch Menu

Student's Name \_\_\_\_\_

\*Please check a sandwich *or* a salad for your entrée. Each lunch comes with 2 sides.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sandwich Options (Entrée Option 1)</b>					
<i>Meat: (choose one)</i>					
Turkey					
Honey Ham					
Sliced Buffalo Chicken					
Chicken Salad					
PB&J Uncrustable					
NEW:Power Box: Jerky, Cheese and Crackers					
NEW:Protein Box: Yogurt, Fruit and Granola					
<i>On: (choose one)</i>					
Croissant					
Bulkie Roll					
Sub Roll					
Tortilla Wrap					
Sliced Bread					
Gluten Free Bread					
<i>Toppings:</i>					
American Cheese					
Lettuce					
Tomato					
Mayo					
Mustard					
Honey Mustard					
Ketchup					
<b>Salad Options (Entrée Option 2)</b>					
Grilled Caesar Chicken Salad					
Greek Salad					
Tuna Salad					
Chef Salad					
<b>Choose any 2 sides with your entrée (one must be a fruit or vegetable)</b>					
Fresh Seasonal Whole Fruit					
Fruit Cup or Juice (Apple, Orange or Fruit Punch)					
Potato Chips					
Fresh Cut Veggies					
Cookie					
<b>Milk Choices (circle one)</b>	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry	1% Choc Strawberry

**\*Please return to your child's teacher every Friday for lunch the following week.**