



START YOUR ENGINES!



MARCH 2019

TEHACHAPI UNIFIED SCHOOL DISTRICT



- MENU SUBJECT TO CHANGE
- Milk, Juice and Fresh Fruit offered at breakfast, daily
- Choice of Milk offered at lunch, daily

Meal Prices:
Breakfast: \$1.50
Lunch: \$3.00



FRIDAY-03/01

Cereal/Grahams

Pizza
Salad
Apricots

MONDAY-03/04

Granola/Yogurt

Chicken Burger
w/Lettuce
Oven Potatoes
Mixed Fruit

TUESDAY-03/05

Strawberry Banana Smoothie

Taco Pocket
Carrot/Celery Sticks
Strawberry Cup

WEDNESDAY-03/06

Chocolate Chip Muffin

Chicken Nuggets
Mashed Potatoes
ABC Crackers
Grape Tomatoes
Frozen Juice Cup

THURSDAY-03/07

Vanilla Peach Parfait

Chili Beans
Fritos
Broccoli
Pears
Carrot Cake

FRIDAY-03/08

Cereal/Grahams

Stuffed Breadsticks
Marinara
Celery Sticks
Pears

MONDAY-03/11

Mini Muffin/String Cheese

TUESDAY-03/12

Frudel

WEDNESDAY-03/13

Cinnamon Crumb Cake

THURSDAY-03/14

Mini Bagel

FRIDAY-03/15

Cereal/Grahams

Meatball Sub
Mixed Fruit
Carrot Sticks

Chicken Fajitas
Lettuce/Cheese
Refried Beans
Applesauce

Chicken Alfredo
Jicama Sticks
Grape Tomatoes
Frozen Juice Cup

Cinnamon French
Toast
Hash brown
Fruitables
Bananas

Cheese Pizza
Salad
Pears

MONDAY-03/18

Granola/Yogurt

TUESDAY-03/19

Mini Donuts

WEDNESDAY-03/20

Chocolate Chip Muffin

THURSDAY-03/21

Cinni-Mini

FRIDAY-03/22

Cereal/Grahams

Grilled Cheese
Sandwich
Carrots/Celery Sticks
Cheez-Its
Mixed Fruit

Bean & Cheese Burrito
Black Bean & Corn
Salsa
Peach Cup

Mac & Cheeseburger
Cucumber
Jicama
Frozen Juice Cup

Beef & Broccoli
Steamed Rice
Broccoli
Oranges

Pizza
Fruitables
Applesauce

MONDAY-03/25

Mini Muffin/String Cheese

TUESDAY-03/26

Frudel

WEDNESDAY-03/27

Cinnamon Crumb Cake

THURSDAY-03/28

Mini Bagel

FRIDAY-03/29

Cereal/Grahams

Rib-B-Que Sandwich
Oven Potatoes
Celery
Cranberries

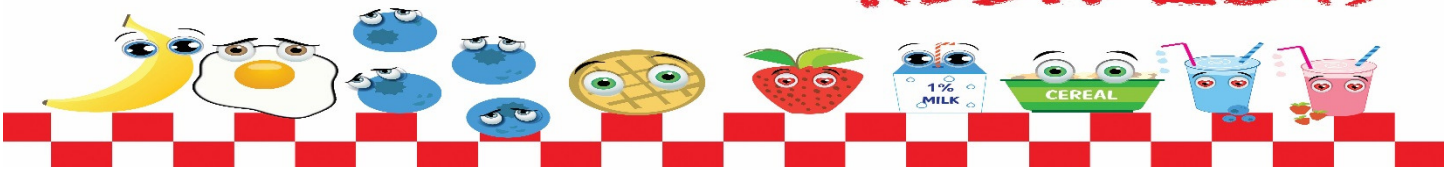
Quesadilla
Salsa
Corn
Peaches

Chicken Parmesan
Green Beans
Frozen Juice Cup

Pork Chop Sandwich
Baked Beans
Orange Wedges

Pizza
Salad
Pears

NSBW 2019



**LET'S CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK MARCH 4-8
LUCKY TRAY DAY WEDNESDAY MARCH 6**



This Institution Is An Equal Opportunity Provider

*Menu may be viewed online at www.teh.k12.ca.us by clicking on the "Departments" link.
Click "Food Services", then select the menu from the Resources box.