Cereal offered every morning as a third breakfast option.

LUNCH PRICES
5th to 12th Grade $2.05
Elementary (PK-4) $1.80
Reduced Price $0.40
Extra Lunch Entrée $1.65
Extra Juice 6.75 oz. $0.50
Adult Price $4.45

Milk offered daily with all meals

Lunch Money Needed Daily
TPSD No Charging is allowed

*Menus subject to change.*

Check out the menu on our website:
www.tpsd.org

BLEAKFAST PRICES
Regular Price $1.00
Reduced Price $0.30
Ex. Brkfst Entrée $0.80
Extra Milk $0.60
Adult Price $3.00

Healthy Meals for Healthy Children 2020
<table>
<thead>
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<th>12</th>
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</thead>
<tbody>
<tr>
<td>WG Bk Flatbread OR Yogurt w/ Granola / Pears / Banana</td>
<td>Homemade Biscuit w/ Sausage OR Yogurt w/ Grains / Peaches / Juice</td>
<td>Ham &amp; Cheese on WG Croissant OR Yogurt w/ Granola / Fruit Cocktail / Juice</td>
<td>Western Omelet w/ Salsa &amp; WG Toast OR Yogurt w/ Granola / Pineapple / Pears</td>
<td>WG Pancake &amp; Sausage OR Yogurt w/ Grains / Peaches / Oranges</td>
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<tr>
<td>Salisbury Steak w/ Gravy Homemade Roll Steamed Carrots Mashed Potatoes Chilled Pineapple</td>
<td>Chicken Jambalaya w/ Homemade Dinner Roll Lima Beans Turnip Greens Fruit Freeze</td>
<td>Pepperoni Pizza Golden Corn Zucchini Stir Fry Chilled Peaches</td>
<td>Beef Lasagna w/ Homemade Garlic Bread Green Beans Cucumber Sticks w/ Dip Fruit Juice</td>
<td>Chicken Fajita on Flatbread Refried Beans Romaine Lettuce &amp; Tomato Salad Fresh Apple</td>
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<tr>
<td>WG Chicken Biscuit OR Yogurt w/ Grains / Fresh Apples / Juice</td>
<td>WG BK Bagel Pizza OR Yogurt w/ Granola/Applesauce/Juice</td>
<td>Biscuit w/ Jam OR Yogurt w/ Grains / Applesauce / Pears</td>
<td>WG Cinnamon Waffles OR Yogurt w/ Granola / Pineapple / Banana</td>
<td>WG Bk Bar Sausage OR Yogurt w/ Grains / Grapes / Oranges</td>
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<tr>
<td>Satchmo Red Beans &amp; Rice w/ Pork Chop Biscuit California Blend Veg Broccoli w/ Cheese Fresh Apple</td>
<td>Beef &amp; Frank Spaghetti w/ Homemade Garlic Bread Zucchini Stir Fry Green Beans Jell-O w/ Fruit</td>
<td>BBQ Pulled Pork on Homemade Bun Baked Beans Tater Tots Chilled Pineapples</td>
<td>Turkey Roast w/ Rice &amp; Gravy Homemade Dinner Roll Corn Sweet Potato Casserole Chilled Fruit Juice</td>
<td>Hamburger on Homemade Bun Green Peas Romaine Lettuce &amp; Tomato Orange Smiles Oatmeal Raisin/Sugar Cookie</td>
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<tr>
<td>Date</td>
<td>Menu Options</td>
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</table>
| 26   | WG Bk Flatbread OR Yogurt w/ Granola / Pears / Juice  
Chicken Parmesan on Rotini  
Homemade Roll  
Squash Casserole  
Green Peas  
Apple Crunch |
| 27   | Homemade Biscuit w/ Jam OR Yogurt w/ Grahams / Applesauce / Pears  
Pizza Burger on Homemade Bun  
Sweet Potato Puff  
Cauliflower w/ Cheese  
Pineapple w/ Strawberry |
| 28   | Ham & Cheese on WG Croissant OR Yogurt w/ Grahams / Applesauce / Pears  
Chicken Jambalaya w/ Homemade Dinner Roll  
Lima Beans  
Corn  
Fruit Freeze |
| 29   | Western Omelet w/ Salsa & WG Toast OR Yogurt w/ Grahams / Pineapple / Pears  
Beef Taco’s w/ WG Shells  
Spanish Rice  
Romaine Lettuce & Tomatoes  
Fresh Banana |
| 30   | WG Pancake & Sausage OR Yogurt w/ Grahams  
Banana / Peaches  
Pig-N-Blanket  
Tater Tots  
Fresh Broccoli w/ Dip  
Orange Smiles |

**Impressive Health Benefits of Pumpkin**

- Highly Nutritious and Particularly Rich in Vitamin A
- High Antioxidant Content May Reduce Your Risk of Chronic Diseases and cancer
- Packs Vitamins That May Boost Immunity
- Vitamin A, Lutein and Zeaxanthin May Protect Your Eyesight
- Nutrient Density and Low Calorie Count May Promote Weight Loss
- Potassium, Vitamin C and Fiber May Benefit Heart Health
- Contains Compounds That Promote Healthy Skin