

January 2020

POWER UP BREAKFAST

Daily Breakfast Specials

Monday	Scones or Cereal & String Cheese
Tuesday	Yogurt Parfait or Bagel w/ Cream Cheese
Wednesday	Breakfast Sandwich or Cereal & Hard Boiled Egg
Thursday	Pancake w/ Sausage or Bagel w/ Cream Cheese
Friday	Muffins or Maple Oatmeal with String Cheese

REFUEL WITH LUNCH

IT'S EASY!

1. Choose an entrée: Featured Hot, Salad or Sandwich
2. Fill up on unlimited fruits & veggies at the Offering Bar
3. Quench your thirst with water or milk (1% & nonfat options)

Daily Sandwich & Salad Specials (Lunch)

Monday	Turkey Sandwich
Tuesday	Bagel w/ Turkey
Wednesday	Naan Dippers w/ Tuna Salad
Thursday	Super Sub w/ Turkey
Friday	Naan Dippers w/ Egg Salad

Menu subject to change. Menu & Nutrition Info: family.titank12.com

FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 6-10	<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Beef or Black Bean Cheese Burger Baked Beans Carrot Sticks 	<ul style="list-style-type: none"> Sloppy Joe – Beef or vegetarian Roasted Sweet Potatoes Coleslaw 	<ul style="list-style-type: none"> Mac and Cheese w/ a Dinner Roll Parmesan Peas Cucumber Sticks 	<ul style="list-style-type: none"> Pepperoni or Cheese Pizza Tossed Salad
Jan 13-17	<ul style="list-style-type: none"> Orange Popcorn Chicken or Tofu with Brown Basmati Rice Steamed Broccoli Carrot Sticks 	<ul style="list-style-type: none"> Grilled Cheese Panini Tomato Soup Cucumber Slices 	<ul style="list-style-type: none"> Parmesan Pasta w/ Chicken or Tofu Dinner Roll Green Beans Kale Cranberry Salad 	<ul style="list-style-type: none"> BBQ Chicken or Tempeh Breadsticks Baked Potato Carrot Sticks 	<ul style="list-style-type: none"> Beef or Black Bean Cheese Burger Tator Tots Baked Beans
Jan 20-24	<ul style="list-style-type: none"> No School 	<ul style="list-style-type: none"> Bean & Cheese Burritos or Bean & Beef Burritos Corn, Pico de Gallo & toppings 	<ul style="list-style-type: none"> Chicken or Tempeh Alfredo Dinner Garlic Broccoli White Bean Salad 	<ul style="list-style-type: none"> Turkey Gravy Mashed Potatoes Green Beans/Corn Dinner Rolls 	<ul style="list-style-type: none"> Beef or Veggie Hot Dog Baked Beans Coleslaw
Jan 27-31	<ul style="list-style-type: none"> Chicken or Tofu w/ Yakisoba Noodles Garlic Broccoli Cucumber Slices 	<ul style="list-style-type: none"> Cheese or Beef and Cheese Quesadilla Refried Beans Corn 	<ul style="list-style-type: none"> Oven Roasted Chicken or Tempeh Polenta Butternut Squash Tossed Salad 	<ul style="list-style-type: none"> Pepperoni or Cheese Pizza Tossed Salad 	<ul style="list-style-type: none"> No School

(v) Vegetarian option available