

# TPS Middle School

January 4 - January 6, 2023

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



**MONDAY**

**TUESDAY**

**WEDNESDAY** Chicken Broccoli Alfredo w/ Breadstick, Broccoli and Carrots

**THURSDAY** Chili w/ Cornbread, Corn

**FRIDAY** Popcorn Chicken Bowl w/ Dinner Roll, Green Beans

*Served Daily: Bean and Cheese Nachos, Mexi-Chicken Nachos*



**MONDAY**

**TUESDAY**

**WEDNESDAY** Beef Enchilada, Refried Beans

**THURSDAY** Soft Beef Taco, Fiesta Potatoes

**FRIDAY** Soft Chicken Taco, Frijoles ala Charro



*Served Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich*

**MONDAY**

**TUESDAY**

**WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries

**THURSDAY** Chicken Nuggets w/ Roll

**FRIDAY** Meatball Sub



**Daily Special/Everyday**  
*Served Daily: Cheese Pizza, Pepperoni Pizza*

**MONDAY**

**TUESDAY**

**WEDNESDAY** Jalapeno Popper Chicken

**THURSDAY** Mini Meatlovers Calzone

**FRIDAY** Cheeseburger Pizza



**MONDAY**

**TUESDAY**

**WEDNESDAY** Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Crispy Chicken Wrap  
**THURSDAY** Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Crispy Chicken Wrap

**FRIDAY** Chef Salad, Turkey and Cheese Sub, Ham and Cheese Sub, Kidzable Protein Power

*This institution is an equal  
opportunity provider.*



Nutrition Information is available upon request.

# TPS Middle School

January 9 - January 13, 2023

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Walking Nachos, Aztec Corn
- TUESDAY** Teriyaki Pork w/ Peppers and Onions, Brown Rice
- WEDNESDAY** Macaroni and Cheese w/ Roll, Mixed Vegetables
- THURSDAY** Chicken Spaghetti w/ Breadstick, Peas
- FRIDAY** Steak Fingers w/ Roll, Mashed Potatoes, Green Beans

*Served Daily: Bean and  
Cheese Nachos,  
Mexi-Chicken Nachos*



- MONDAY** Chicken Soft Taco, Refried Beans
- TUESDAY** Beef Soft Taco, Fiesta Potatoes
- WEDNESDAY** Enchilada Suiza, Refried Beans
- THURSDAY** Soft Beef Taco, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Frijoles ala Charro



*Served Daily: Hamburger,  
Cheeseburger, Chicken Sandwich,  
Spicy Chicken Sandwich*

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Bacon Cheeseburger, French Fries



*Served Daily: Cheese Pizza, Pepperoni Pizza*

- MONDAY** Buffalo Chicken Pizza
- TUESDAY** Personal Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** Jalapeno Popper Pizza



Served Daily:

Chicken Bacon and Ranch Wrap  
Crispy Chicken Salad w/ Breadstick  
Turkey and Cheese Sub  
Ham and Cheese Sub

Friday Special: Kidzable Power Pack



This institution is an equal opportunity provider and employer.



Nutrition Information is available upon request.

# TPS Middle School

January 16 - January 20, 2023

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



**MONDAY** Martin Luther King Jr. Day

**TUESDAY** Chicken Tenders w/ Roll, Citrus Glazed Carrots

**WEDNESDAY** Sweet and Sour Chicken, Vegetable Lo Mein

**THURSDAY** Beefy Totchos, Aztec Corn, Tater Tots

**FRIDAY** Chicken Tenders w/ Roll, Mashed Potatoes w/ Gravy, Mixed Vegetables

*Served Daily:  
Bean and Cheese Nachos,  
Mexi-Chicken Nachos*



**MONDAY** Martin Luther King Jr. Day

**TUESDAY** Beef and Cheese Nachos, Fiesta Potatoes

**WEDNESDAY** Beef Enchilada, Refried Beans

**THURSDAY** Soft Beef Taco, Fiesta Potatoes

**FRIDAY** Soft Chicken Taco, Frijoles ala Charro



*Served Daily:  
Hamburger, Cheeseburger,  
Chicken Sandwich,  
Spicy Chicken Sandwich*

**MONDAY** Martin Luther King Jr. Day

**TUESDAY** Chicken Nuggets w/ Roll, French Fries

**WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Fries

**THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges

**FRIDAY** BBQ Pork Sandwich, Spiral Fries



*Served Daily:  
Cheese Pizza, Pepperoni Pizza*

**MONDAY** Martin Luther King Jr. Day

**TUESDAY** Personal Pepperoni Pizza

**WEDNESDAY** Jalapeno Popper Pizza Mini

**THURSDAY** Meatlover's Calzone

**FRIDAY** Cheeseburger Pizza



*Served Daily:*

*Chef Salad w/ Breadstick  
Crispy Chicken Wrap  
Turkey and Cheese Sub  
Ham and Cheese Sub*

*Friday Special: Kidzable Protein Power*



This institution is an equal opportunity provider and employer.



Nutrition Information is available upon request.

# TPS Middle School

January 23 - January 27, 2023

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Chicken Spaghetti w/ Breadstick, Mixed Vegetables
- TUESDAY** Chicken Pot Pie, Roasted Summer Squash
- WEDNESDAY** Orange Chicken w/ Brown Rice, Green Beans
- THURSDAY** French Toast Sticks w/ Scrambled Eggs, Sausage
- FRIDAY** Steak Fingers w/ Roll, Mashed Potatoes, Peas



*Served Daily: Hamburger,  
Cheeseburger, Chicken Sandwich,  
Spicy Chicken Sandwich*

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Pizza Burger, Crinkle Cut French Fries



*Served Daily:*

*Chef Salad w/ Breadstick  
Crispy Chicken Wrap  
Turkey and Cheese Sub  
Ham and Cheese Sub*

*Friday Special: Kidzable Protein Power*

*Served Daily:  
Bean and Cheese Nachos*



- MONDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Refried Bean
- TUESDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- WEDNESDAY** Beef Enchilada, Mexi-Chicken Nachos, Refried Beans
- THURSDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Frijoles ala Charro



*Served Daily: Cheese Pizza,  
Pepperoni Pizza*

- MONDAY** Sausage Pizza
- TUESDAY** Personal Pepperoni Pizza
- WEDNESDAY** Jalapeno Popper Pizza
- THURSDAY** Mini Meatlover's Calzone
- FRIDAY** Cheeseburger Pizza



This institution is an equal opportunity provider and employer.



Nutrition Information is available upon request.



# TPS Middle School

January 30 - February 3, 2023

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.



- MONDAY** Walking Nachos, Corn
- TUESDAY** Grilled Cheese Sandwich, Tomato Soup, Potato Wedges, Roasted Broccoli
- WEDNESDAY** Chicken Parmesan w/ Breadstick, Mixed Vegetables
- THURSDAY** Pulled Pork Sandwich, Baked Beans, Cole Slaw
- FRIDAY** Chicken Tenders w/ Roll, Mashed Potatoes, Green Beans



**Served Daily: Hamburger,  
Cheeseburger, Chicken Sandwich,  
Spicy Chicken Sandwich**

- MONDAY** Chicken Tenders w/ Roll, Tater Tots
- TUESDAY** Chicken Nuggets w/ Roll, Spiral Cut French Fries
- WEDNESDAY** Chicken Tenders w/ Roll, Sweet Potato Crinkle Cut Fries
- THURSDAY** Chicken Nuggets w/ Roll, Potato Wedges
- FRIDAY** Chili & Cheese Coney, French Fries



**Served Daily:**

**Chef Salad w/ Breadstick  
Crispy Chicken Wrap  
Turkey and Cheese Sub  
Ham and Cheese Sub**

**Friday Special: Kidzable Protein Power**

**Served Daily:  
Bean and Cheese Nachos**



- MONDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Refried Beans
- TUESDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- WEDNESDAY** Enchilada Suiza, Mexi-Chicken Nachos, Refried Beans
- THURSDAY** Soft Beef Taco, Beef & Cheese Nachos, Fiesta Potatoes
- FRIDAY** Soft Chicken Taco, Mexi-Chicken Nachos, Frijoles ala Charro



**Served Daily: Cheese Pizza,  
Pepperoni Pizza**

- MONDAY** Buffalo Chicken Pizza
- TUESDAY** Personal Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** Jalapeno Popper Pizza



This institution is an equal opportunity provider and employer.



Nutrition Information is available upon request.