



# TMS MENU AUGUST 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALTERNATIVE CHOICES</b> -Chicken Tenders (gluten Free) -Baked Wild Caught Fish Sticks -Burger with Homemade potato chips - Hot Dog (nitrate free) with Homemade potato chips -Grilled chicken with white rice -Cheese Ravioli with Pomodoro sauce or butter and parmesan cheese -Chicken Caesar Salad	<b>Please contact us for your child special requirements or submit changes to:</b> <a href="mailto:mypsprout2016@gmail.com">mypsprout2016@gmail.com</a> <b>(MUST receive 24 hours prior to service date)</b>		1	2  Summer Vacation
5  Summer Vacation	6  Summer Vacation	7  Summer Vacation	8  Summer Vacation	9  Summer Vacation
12  Summer Vacation	13  Summer Vacation	14  Summer Vacation	15 Chicken tenders Homemade Chips Fresh Fruit	16 Mandelstam Pizza Day
19 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Tater Tots Mini Brownie	20 Cheese Quesadilla Chips and Pico de gallo Vanilla Yogurt	21 Spaghetti Bolognese (Sauce & parmesan cheese on the side) Garlic Bread Chocolate pudding	22 Grilled Chicken Teriyaki Basmati Rice Fresh Fruit	23 Mandelstam Pizza Day
26 Hot Dog (nitrate free sausage) Pita Chips Apple Sauce	27 Mac and Cheese Caesar Salad Mini Brownie	28 Breakfast for lunch: Waffle Turkey Bacon Bagel with cream cheese Fresh Fruit	29 Fish Sticks (Wild Caught) Tartar Sauce Kale and Spinach Chips Jell-O	30 Mandelstam Pizza Day