



TMS MENU MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALTERNATIVE CHOICES -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	Please contact us for your child special requirements or submit changes to: mysprout2016@gmail.com (MUST receive 24 hours prior to service date)	1 Meatballs with Pomodoro on the side Mashed Potatoes Corn Fresh Fruit	2 Wild Caught Fish Sticks Tartar sauce on the side Homemade potato chips Apple sauce	3 Mandelstam Pizza Day
6 Chicken tenders French Fries Fresh Fruit	7 Penne Pomodoro (parmesan cheese on the side) Caesar salad Garlic Bread Jello	8 Lean beef picadillo (hidden Vegetables) Rice, Beans and Corn Sugar cookie	9 Breakfast for lunch: Waffles Turkey Bacon Organic Yogurt Fresh Fruit	10 Mandelstam Pizza Day
13 Chicken Teriyaki (on the side) White Rice Sauté Broccoli Chocolate Pudding	14 Lean Beef hard tacos On the side: Sour Cream, Shredded lettuce, Pico de Gallo, Grated cheese Apple Sauce	15 Mac and Cheese Corn bread Fresh Fruit	16 Chicken casserole Garden salad (cucumbers, tomatoes, and green mix) with ranch on the side Mini Brownie	17 Teacher Planning Day No School
20 Spring Break – No School	21 Spring Break – No School	22 Spring break – No School	23 Spring Break – No School	24 Spring Break – No School



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27 Chicken and Cheese Quesadilla Chips Homemade pico gallo salsa Jello	28 Hot Dog Tater tots Fresh fruit	29 Grilled chopped Chicken Yellow rice Steam vegetables Mini Brownie	30 Grass Fed Beef Burger (hidden vegetables) Lettuce and Tomato Homemade Potato chips Apple Sauce	31 Mandelstam Pizza Day
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Veggie Menu

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ALTERNATIVE CHOICES -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	Please contact us for your child special requirements or submit changes to: mvsprout2016@gmail.com (MUST receive 24 hours prior to service date)	1 Veggie meatballs Mashed Potatoes Corn Fresh Fruit	2 Mozzarella sticks Tartar sauce on the side Homemade potato chips Apple sauce	3 Mandelstam Pizza Day
6 Falafel French Fries House salad Fresh Fruit	7 Penne Pomodoro (parmesan cheese on the side) Caesar salad Garlic Bread Jello	8 Beans Rice Corn Sugar cookie	9 Breakfast for lunch: Waffles Boiled egg Organic Yogurt Fresh Fruit	10 Mandelstam Pizza Day



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13 Tofu Teriyaki White Rice Sauté Broccoli Chocolate Pudding	14 Beans hard tacos On the side: Sour Cream, Shredded lettuce, Pico de Gallo, Grated cheese Applesauce	15 Mac and Cheese Corn bread Fresh Fruit	16 Lentils White rice Salad (cucumbers, tomatoes, and green mix) with ranch on the side Mini Brownie	17 Teacher Planning Day No School
20 Spring Break – No School	21 Spring Break – No School	22 Spring break – No School	23 Spring Break – No School	24 Spring Break – No School
27 Cheese Quesadilla Chips Homemade pico gallo salsa Jello	28 Chick peas Tater tots House salad Fresh fruit	29 Grilled Tofu Yellow rice Steam vegetables Mini Brownie	30 Veggie Burger (hidden vegetables) Lettuce and Tomato Homemade Potato chips Applesauce	31 Mandelstam Pizza Day