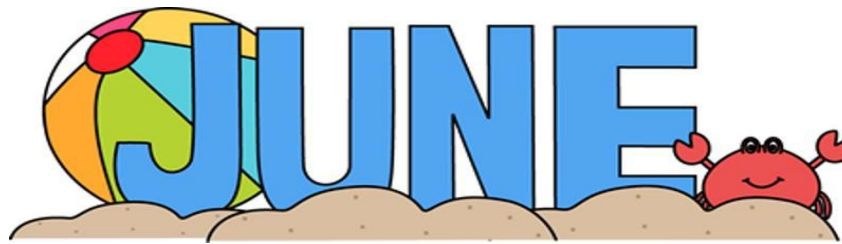




Menú TCP



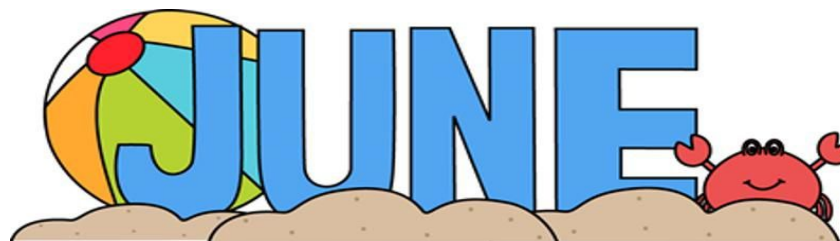
B = DESAYUNO
L = ALMUERZO
NS = SNACK NUTRITIVO

LUNES (May) 30	MÁRTEZ (May) 31	MIÉRCOLES (June) 1	JUEVES 2	VIÉRNES 3
<p>ESCUELA CERRADA</p>	<p>B= Avena y Fruta Fresca L= Caldo de Pechuga de Pollo con Arroz y Verduras, Jugo de Manzana NS= Duraznos con Queso Cottage</p>	<p>B= Huevo Revuelto, Tortilla, Fruta Fresca, Leche L= Sopa de Fideo, Taquito de Pollo, Lechuga, Crema, Agua Fresca NS= Fruta de Temporada</p>	<p>B= Waffles, Fruta Fresca, Leche L= Burrito de Machaca y frijoles con Agua Fresca NS= Ensalada de Fruta, Leche</p>	<p>B= Burrito de Frijol con queso, 100% Jugo de Manzana L= Pasta Alfredo y Ensalada, Jugo de Arándanos NS= Paleta de Fruta</p>
<p>6</p> <p>B= Cheerios, Leche, Fruta de Temporada L= Hot Dog de res y tater tots, fruta fresca, leche. NS= Fruta de Temporada, Leche</p>	<p>7</p> <p>B= Yogurt, Granola, Fruta de Temporada L= Caldo de Res con Verduras, Fruta de Temporada, Leche NS= Duraznos con Queso cottage</p>	<p>8</p> <p>B= Cuernito de Huevo y Queso, Fruta de Temporada L= Sopa de Letras, Hamburguesa de Pollo, Fruta Fresca NS= Zanahorias con Aderezo Ranch</p>	<p>9</p> <p>B= Mini Pancakes, Fruta de Temporada, Leche L= Quesadilla y Frijoles, Fruta de Temporada, Limonada NS= Apio, Aderezo Ranchero</p>	<p>10</p> <p>B= Burrito de Frijol con Queso, 100% Jugo de Manzana L= Macarrón con queso y ejotes, Fruta de Temporada, Leche NS= Fruta de Temporada</p>
<p>13</p> <p>B= Cheerios, Leche, Fruta de Temporada L= Grilled Cheese Sandwich, sopa de tomate NS= Fruta de Temporada, Leche</p>	<p>14</p> <p>B= French Toast, Leche, Fresca L= Caldo de Albondigas con Verduras, Fruta y Leche NS= Duraznos y Queso Cottage</p>	<p>15</p> <p>B= Huevo Revuelto, Tortilla, Fruta de Temporada, Leche L= Sopa de Fideo, Corn Dog, Fruta Fresca, Leche NS= Pepinos con Ranch</p>	<p>16</p> <p>B= Mini Crepas, Fruta de Temporada, Leche L= Ensalada de Atún con Verduras. Galletas Saladas 100% Trigo, Fruta, Leche NS= Pasas, Leche</p>	<p>17</p> <p>B= Burrito de Frijol con queso, Jugo de Manzana L= Spaghetti con carne, Ensalada César, Fruta de Temporada, Leche NS= Paleta de Fruta</p>
<p>20</p> <p>B= Cheerios, Leche, Fruta de Temporada L= Hamburguesa de res con queso, lechuga y tomate NS= Fruta de Temporada, Leche</p>	<p>21</p> <p>B= Bagel con queso crema, Fruta de Temporada L= Caldo de Papas con Queso Fresco, Fruta de Temporada NS= Duraznos con Queso Cottage</p>	<p>22</p> <p>B= Cuernito de Huevo y Queso, Fruta de Temporada L= Sopa de Letras, Taquito de carne deshebrada, Lechuga, Crema, Agua de sabor NS= Fruta, Leche</p>	<p>23</p> <p>B= Waffles de Blueberry, Leche L= Ensalada de Pollo, Galletas Saladas 100% Trigo, Naranja, Leche NS= Plátano, Leche</p>	<p>24</p> <p>B= Burrito de Frijol con Queso, Jugo de Manzana L= Chef's Mystery Lunch (<i>¡Sorpresa!</i>) NS= Fruta de Temporada</p>
<p>27</p> <p>B= Cheerios, Milk, Seasonal Fruit L= Sandwich de atún, ensalada jardin, Ranch NS= Seasonal Fruit, Milk</p>	<p>28</p> <p>B= Crema de Trigo y Fruta Fresca L= Caldo de verduras, Sandwich de pavo, Fruta de Temporada NS= Duraznos con Queso Cottage</p>	<p>29</p> <p>B= Huevo Revuelto, Tortilla, Fruta de Temporada, Leche L= Sopa de Letras, Hot Dog de Res, Fruta Fresca NS= Fruta de Temporada, leche</p>	<p>30</p> <p>B= French toast, Fruta, Leche L= Chicken Nuggets, Ensalada, Leche NS= Plátano, Leche</p>	<p>JULIO 1</p> <p>B= Burrito de Frijol con Queso, Jugo de Manzana L= Sopa de Brocoli. Pan de Ajo, Fruta de Temporada, Leche NS= Paleta de Fruta</p>

El menu puede cambiar sin previo aviso. Toda la leche es 1%, y el jugo es 100% de concentrado. La verdure viene de granjeros locales cuando se puede.



TCP Menu



B = BREAKFAST
L = LUNCH
NS = NUTRITIOUS SNACK

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30		31	1	2	3
		<p>B= Oatmeal and Seasonal Fruit</p> <p>L= Chicken breast Soup with Veggies, Seasonal Fruit, Milk</p> <p>NS= Fresh Fruit, milk</p>	<p>B= Scrambled Egg, Tortilla, Seasonal Fruit, Milk</p> <p>L= Fideo Soup, Chicken Taquito, Lettuce, Sour Cream, Fruit Water</p> <p>NS= Cucumbers with Ranch</p>	<p>B= Waffles, Seasonal Fruit, Milk</p> <p>L= Machaca & Bean burrito</p> <p>NS= Celery, Ranch</p>	<p>B= Bean & Cheese Burrito, 100% Apple Juice</p> <p>L= Spaghetti and Meatballs, Caesar Salad, Seasonal Fruit, Milk</p> <p>NS= Fruit Popsicle</p>
6		7	8	9	10
<p>B= Cheerios, Milk, Seasonal Fruit</p> <p>L= Beef Hot dog and Tater tots, Fresh Fruit</p> <p>NS= Seasonal Fruit, Milk</p>		<p>B= Yogurt, Granola, Seasonal Fruit</p> <p>L= Beef and Vegetable Soup, Seasonal Fruit, Milk</p> <p>NS= Peaches & Cottage Cheese</p>	<p>B= Egg & Cheese Croissant, Seasonal Fruit</p> <p>L= Alphabet soup, Chicken patty burger, Fresh Fruit</p> <p>NS= Carrots & Ranch</p>	<p>B= Mini Pancakes, Seasonal Fruit, Milk</p> <p>L= Quesadilla & Beans, Seasonal Fruit, Fruit Water</p> <p>NS= Celery, Ranch</p>	<p>B= Bean & Cheese Burrito, 100% Apple Juice</p> <p>L= Mac-n-cheese, Green Beans, Seasonal Fruit, Milk</p> <p>NS= Fruit Popsicle</p>
13		14	15	16	17
<p>B= Cheerios, Milk, Seasonal Fruit</p> <p>L= Grilled Cheese Sandwich, tomato soup</p> <p>NS= Seasonal Fruit, Milk</p>		<p>B= French Toast, Milk, and Fresh Fruit</p> <p>L= Albondiga Soup with Veggies, Seasonal Fruit, Milk</p> <p>NS= Fresh fruit, milk</p>	<p>B= Scrambled Egg, Tortilla, Seasonal Fruit, Milk</p> <p>L= Fideo Soup, corn dog, fresh fruit, milk</p> <p>NS= Cucumbers with Ranch</p>	<p>B= Mini Crepes, Seasonal Fruit, Milk</p> <p>L= Tuna Salad, 100% Wheat Saltine Crackers, Apple Slices, Milk</p> <p>NS= Raisins, Milk</p>	<p>B= Bean & Cheese Burrito, 100% Apple Juice</p> <p>L= Pasta Alfredo, Caesar salad, Garlic Bread, Fresh Fruit, Milk</p> <p>NS= Fruit Popsicle</p>
20		21	22	23	24
<p>B= Cheerios, Milk, Seasonal Fruit</p> <p>L= Beef cheeseburger with lettuce and tomato</p> <p>NS= Seasonal Fruit, Milk</p>		<p>B= Bagel with cream cheese, fresh Fruit</p> <p>L= Potato Soup with Fresco Cheese, Seasonal Fruit</p> <p>NS= Peaches & Cottage Cheese</p>	<p>B= Egg & Cheese Croissant, Seasonal Fruit</p> <p>L= Alphabet Soup, Shredded Beef Taquito, Lettuce, Sour Cream, Fruit Water</p> <p>NS= Carrots & Ranch</p>	<p>B= Blueberry Waffles, Milk</p> <p>L= Chicken Salad, 100% Wheat Crackers, Orange Slices, Milk</p> <p>NS= Banana, Milk</p>	<p>B= Bean & Cheese Burrito, Apple Juice</p> <p>L= Chef Maguy's Mystery Lunch (Surprise!)</p> <p>NS= Seasonal Fruit</p>
27		28	29	30	JULY 1
<p>B= Cheerios, Milk, Seasonal Fruit</p> <p>L= Tuna Sandwich, Garden Salad, Ranch</p> <p>NS= Seasonal Fruit, Milk</p>		<p>B= Cream of Wheat and Seasonal Fruit</p> <p>L= Vegetable Soup, Chicken Quesadilla, Seasonal Fruit, Milk</p> <p>NS= Fresh fruit, milk</p>	<p>B= Scrambled Egg, Tortilla, Seasonal Fruit, Milk</p> <p>L= Fideo Soup, Beef Hot Dog, fresh fruit</p> <p>NS= Cucumbers with Ranch</p>	<p>B= French toast, Fruit, Milk</p> <p>L= Chicken Nuggets, Salad, Milk</p> <p>NS= Banana, Milk</p>	<p>B= Bean & Cheese Burrito, Apple Juice</p> <p>L= Broccoli Cheddar Soup, Garlic Bread, Seasonal Fruit, Milk</p> <p>NS= Fruit Popsicle</p>

Menu subject to change without notice. All milk is 1%, and Juice is 100% from concentrate. Fresh & locally grown produce when possible.