

Tecumseh High School

Each station includes "Everyday Offerings" and "Daily Features"

Meal Price: \$3.35

June 2017

EVERYDAY OFFERINGS – MAKE YOUR OWN!

PICK A BREAD

Sub Roll, Wrap, Flatbread

GET SOME PROTEIN

Ham, Turkey, Salami,
Rotation of Tuna and Chicken Salad

CHEESE

American, Swiss, Provolone

CUSTOMIZE

Lettuce, Tomato, Onion, Pickle,
Banana Peppers, Black Olives, Spinach,
Green Pepper

ADD A SPREAD

Mayo, Mustard, Honey Mustard, Ranch,
Bistro Sauce, Italian Dressing



DAILY FEATURES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|------------------------|-------------------------|----------------------------|----------------------|
| BBO Chicken Cheddar Panini | Cheesy Chipotle Panini | Chicken Parmesan Panini | Southwestern Turkey Panini | Ranch Chicken Panini |



EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza
on whole grain crust

DAILY FEATURES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------|--------------------|---------------------------------|-------------------|----------|
| Personal Pan Pizza | French Bread Pizza | Bosco Sticks with Dipping Sauce | Meat Lovers Pizza | Calzones |

EVERYDAY OFFERINGS

Cheeseburger, Black bean Burger, Chicken Patty, Spicy Chicken Patty
all on a whole grain bun



DAILY FEATURES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|----------------|---------------|--------------------|----------------------|
| Grilled Chicken Sandwich | Italian Zapper | Turkey Burger | Meatball Pizza Sub | Pulled Pork Sandwich |



EVERYDAY OFFERINGS

STARTERS

Nachos, Tacos, Burrito Shell

GET SOME PROTEIN

Rotated Seasoned Chicken or Beef

CUSTOMIZE

Cheese, Rice, Beans, Lettuce, Tomato,
Onion, Black Olives, Sliced Jalapeno

TOP IT OFF

Salsa and Sour Cream

DAILY FEATURES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|------------|----------------------|------------------|----------------|
| Chicken Fajita | Taco Salad | Chicken/Bean Burrito | Hard Shell Tacos | Yogurt Parfait |

Tecumseh High School



The entrées offered at Home Zone change daily and like all items on our menu, they provide high quality selections that meet or exceed the latest federal and state requirements. Each menu is designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. The products and the cooking methods we use conserve food quality and nutrients, while limiting the addition of fats and eliminating frying.

Meal Price: \$2.85 Weekly Menu Starting: May 29th 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 29  | 30 Cheesy Baked Penne Pasta With California Blend Veggies | 31 Cuban Flatbread With Corn | 1 BBQ Chicken & Cheddar Sandwich With Green Beans | 2 Mac and Cheese Hotdog With Baked Fries |
| 5 Cheese Ravioli with Alfredo Sauce With California Blend Veggies | 6 Spicy Popcorn chicken bowl With Corn | 7 Sweet & Sour Chicken with Brown Rice With Broccoli | 8 Homemade Chicken Alfredo With Steamed Broccoli | 9 Three Cheese Grilled Cheese With Waffle Fries |
| 12 Homemade Mac and Cheese With Steamed Carrots | 13 Philly Cheese Steak Nachos With Green Beans | 14 Build your own Burger Bar With Baked Fries | 15  | 16  |

MEET UP EAT UP™

Healthy food to fuel your summer.

Tecumseh Public Schools Summer Meal Program

Location: Tecumseh Middle School

Days of Operation: Monday-Friday

Meal Times: Breakfast 8am-9:30am, Lunch 11:30am-1:00pm

To locate other sites please use link below

<http://www.mcgi.state.mi.us/schoolnutrition/>

Free meals will be made available to children 18 years of age and under or persons up to age 26 who are enrolled in an educational program for the mentally or physically disabled that is recognized by a State or local public educational agency.