

Tecumseh High School

Each station includes "Everyday Offerings" and "Daily Features" Meal Price: \$3.35 March 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 |
|----------------------------|------------------------|-------------------------|----------------------------|----------------------|
| BBQ 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 |
|---------------------|--------------------|---------------------------------|-------------------|----------|
| Stuffed Crust 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 | BBQ Onion Cheeseburger | 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 | Build your own |

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: March 1st 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 27 BBQ Chicken and Cheddar Sandwich Baked Beans | 28 Spicy Popcorn chicken bowl | 1 Cheesy Baked Penne California Blend Veggies | 2 Philly Cheese Steak Baked Fries | 3 Spaghetti and Meatballs Peas |
| 6  | 7 Mac and Cheese Green Beans | 8 Chili Garlic Popcorn Chicken Broccoli Brown Rice | 9  | 10 Chicken Parmesan Flatbread Carrot Coins |
| 13 Oven Roasted Drumstick Mashed Potatoes and Gravy | 14 Mashed Potato Bowl | 15 Orange Popcorn Chicken w/ Broccoli | 16 Hot Tot Wrap Cheesy Ground beef wrapped with tater tots  | 17 Fish and Chips  |
| 20 Burger Bar Baked Beans | 21 Chicken Shawarma <i>Spicy chicken & marinated vegetables with a lemon-garlic spread with sour cream, yogurt and spices, in a hot wrap</i>  | 22 Dunk Your Nuggets Chicken Nuggets Tater Tots  | 23 Chicken Alfredo Breadstick Green Beans | 24 Ranch Chicken Flatbread Corn |
| 27 French Toast Sticks Hash Browns Sausage | 28 Honey Sriracha Chicken Wings Waffle Fries | 29 Hot Dog with a toppings bar French fries | 30 Grilled Cheese Tomato Soup | 31  |