

April 2018

TENNESSEE SCOOOL FOR THE DEAF

LUNCH



SERVED DAILY: GARDEN SALAD, FRESH FRUIT
MILK: 1%, SKIM, CHOCOLATE, STRAWBERRY
GRAB & GO: SPECIALITY SALADS,
SOY BUTTER JAMWICH W/CHEESE IT'S &
CHEESE STICK, SANDWICHES/WRAPS W/CHIPS



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

IN-SERVICE DAY

2

B.Q. CHICKEN / ROLL
MEATBALL SUB
HASHBROWN POTATOES
STEAMED CARROTS
SPAGHETTI SALAD (COLD)
MILK

3

TACO SALAD / BREADSTICK
CHICKEN FIJITA / TORTILLA
SWEET YELLOW CORN
PINTO BEANS
MILK

4

SPAGHETTI
CHICKEN FRIES
CORN ON COB
SPINACH
GARLIC BREAD
MILK

5

PIZZA – CHEESE
OR PEPPERONI
FISH TACO'S
ROASTED BABY POTATOES
STEAMED BROCCOLI
MILK

6

B.Q. CHICKEN
POPCORN CHICKEN / ROLL
POTATO WEDGES
SPINACH
MILK

9

CHEESY NACHOS
CHICKEN & NOODLES
BROCCOLI BITES
STEAMED CARROTS
BREAD
MILK

10

OVEN ROASTED CHICKEN
GRILLED PORK CHOP
SWEET POT CASSEROLE
GREEN BEANS
MACARONI SALAD
ROLL / MILK

11

BEEF & MACARONI
TACO'S
SWEET YELLOW CORN
REFRIED BEANS
BREADSTICK
MILK

12

SLOPPY JOES ON BUN
CHICKEN NUGGETS / ROLL
ROASTED RED SKIN POT
MIXED VEGETABLES
MILK

13

ROAST BEEF SUB W/A
CORN DOG NUGGETS
CORN ON COB
GREAT NORTHERN BEANS
MILK

16

MEATLOAF
CHICKEN FILLET
MASHED POTATOES
GREEN PEAS
MACARONI SALAD
ROLL / MILK

17

CHICKEN PARMESIAN
BEEF & SPANISH RICE
BAKED POTATO
TURNIP GREENS
BREAD
MILK

18

CHICKEN STIR FRY
TURKEY ROAST
RICE PILAF
CALIFORNIA BLEND
ROLL
MILK

19

CHICKEN SANDWICH
FISH STICKS / ROLL
SWEET POTATO WEDGES
PEAS & CARROTS
MILK

20

HAMBURGER
HOT DOG
POTATO WEDGES
CALIFORNIA BLEND
MILK

23

B.Q. CHICKEN / ROLL
MEATBALL SUB
HASHBROWN POTATOES
STEAMED CARROTS
SPAGHETTI SALAD (COLD)
MILK

24

TACO SALAD / BREADSTICK
CHICKEN FIJITA / TORTILLA
SWEET YELLOW CORN
PINTO BEANS
MILK

25

SPAGHETTI
CHICKEN FRIES
CORN ON COB
SPINACH
GARLIC BREAD
MILK

26

PIZZA – CHEESE
OR PEPPERONI
FISH TACO'S
ROASTED BABY POTATOES
STEAMED BROCCOLI
MILK

27

B.Q. CHICKEN
POPCORN CHICKEN / ROLL
POTATO WEDGES
SPINACH
MILK

30



MEALS SUBJECT
TO CHANGE

