



TLC April Breakfast Menu

Choice of: Water 1% White, Skim or Fat Free, Juice
Assorted Fresh/Chilled Fruits Served Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bagel and Cream Cheese Offered Daily **Variety of Cereal Offered Daily**	¹ Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Bagel with Cream Cheese	² French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Bagel with Cream Cheese	³ Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Bagel with Cream Cheese	⁴ Breakfast Sandwich Sliders Tropical Parfait Bagel with Cream Cheese	⁵ Warm Strawberry Guava Flip Blueberry Patch Parfait Bagel with Cream Cheese	⁶ Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Bagel with Cream Cheese
⁷ Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Bagel with Cream Cheese	⁸ Whole Grain Waffles Sausage Links Strawberry Fields Parfait Bagel with Cream Cheese	⁹ Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Bagel with Cream Cheese	¹⁰ Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Bagel with Cream Cheese	¹¹ Breakfast Pizza Blueberry Patch Parfait Bagel with Cream Cheese	¹² Mini Pancakes Hash Brown Rounds Strawberry Fields Parfait Bagel with Cream Cheese	¹³ Ham & Cheese Quiche Spinach Quiche Strawberry Fields Parfait Bagel with Cream Cheese
¹⁴ Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Bagel with Cream Cheese	¹⁵ Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Bagel with Cream Cheese	¹⁶ French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Bagel with Cream Cheese	¹⁷ Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Bagel with Cream Cheese	¹⁸ Breakfast Sandwich Sliders Tropical Parfait Bagel with Cream Cheese	¹⁹ Warm Strawberry Guava Flip Blueberry Patch Parfait Bagel with Cream Cheese	²⁰ Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Bagel with Cream Cheese
²¹ Breakfast Burritos with Salsa Pumpkin Apple Spice Parfait Bagel with Cream Cheese	²² Whole Grain Waffles Sausage Links Strawberry Fields Parfait Bagel with Cream Cheese	²³ Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Bagel with Cream Cheese	²⁴ Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Bagel with Cream Cheese	²⁵ Breakfast Pizza Blueberry Patch Parfait Bagel with Cream Cheese	²⁶ Mini Pancakes Hash Brown Rounds Strawberry Fields Parfait Bagel with Cream Cheese	²⁷ Ham & Cheese Quiche Spinach Quiche Strawberry Fields Parfait Bagel with Cream Cheese
²⁸ Warm Cinnamon Rolls Pumpkin Apple Spice Parfait Bagel with Cream Cheese	²⁹ Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Bagel with Cream Cheese	³⁰ French Toast Sticks Hash Brown Rounds Strawberry Fields Parfait Bagel with Cream Cheese				



TLC April Lunch Menu

Choice of: Water, 1% White, Skim or Fat Free or Chocolate Milk
Assorted Fresh/Chilled Fruits Served Daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>Choose One</p> <p>Macaroni and Cheese w/Roll</p> <p>Grilled Cheese Sandwich</p> <p>American Sub</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Grape Tomatoes</p> <p>Roasted Zucchini</p> <p>Celery Sticks</p>	<p>Choose One</p> <p>BBQ Pork Sandwich</p> <p>Roasted Veggie Sandwich</p> <p>Turkey and Cheese Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Vegetarian Beans</p> <p>Baked French Fries</p> <p>Baby Carrots</p> <p>WG Cookie</p>	<p>Choose One</p> <p>Cheese or Pepperoni Pizza</p> <p>Grilled Cheese Sandwich</p> <p>Buffalo Chicken Wrap</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Cucumber Slices</p> <p>Celery Sticks</p> <p>Corn and Basil Salad</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Chicken Drumstick w/Biscuit</p> <p>Hummus Wrap</p> <p>Turkey Ham & Cheese Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Mashed Potatoes</p> <p>Corn</p> <p>Summer Squash Slices</p>	<p>Choose One</p> <p>Orange Chicken w/Fried Rice</p> <p>Vegan Nuggets</p> <p>Italian Sub</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Sesame Carrots</p> <p>Lime Broccoli Salad</p> <p>Pepper Strips</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms</p> <p>Warm Provencal Sub</p> <p>Turkey BLT Flatbread Sandwich</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Crinkle Fries</p> <p>Mixed Vegetables</p> <p>Zucchini Coins</p>
7	8	9	10	11	12	13
<p>Choose One</p> <p>Roasted Turkey w/ Dinner Roll</p> <p>Warm Provencal Sub</p> <p>Chicken Caesar Wrap</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Mashed Potatoes</p> <p>Roasted Butternut Squash</p> <p>Warm Buttered Corn</p>	<p>Choose One</p> <p>Beef Nachos with assorted Toppings</p> <p>Grilled Cheese Sandwich</p> <p>BBQ Chicken Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Celery Sticks</p> <p>Black Beans</p> <p>Tomato, Corn Cilantro Salad</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Shaved Steak Sub w/Peppers & Onions</p> <p>Roasted Veggie Sandwich</p> <p>Turkey and Cheese Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Roasted Garbanzo Bean</p> <p>Baked French Fries</p> <p>Baby Carrots</p>	<p>Choose One</p> <p>Penne Pasta Bake with Garlic Bread</p> <p>Hummus Box</p> <p>Turkey and Cheese Wrap</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Sweet Peas</p> <p>Roasted Broccoli</p> <p>Sliced Peppers</p> <p>WG Cookie</p>	<p>Choose One</p> <p>Chicken Nuggets</p> <p>Vegan Nuggets</p> <p>Turkey Sandwich</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Sweet potato fries</p> <p>Glazed Carrots</p> <p>Pepper Sticks</p>	<p>Choose One</p> <p>Buffalo Chicken Calzone</p> <p>Broccoli & Cheese Calzone</p> <p>Italian Sub</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Cucumber Slices</p> <p>Carrot Sticks</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Corndog</p> <p>Vegan Nugget</p> <p>Ham & Cheese</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Tots</p> <p>Corn & Tomato salad</p> <p>Seasoned Peas</p>
14	15	16	17	18	19	20
<p>Choose One</p> <p>Hot Roast Beef & Swiss on Multigrain or Italian Sub or Hummus Wrap (V)</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Potato Chips</p> <p>Zucchini Stick</p> <p>Green Bean</p> <p>Desert</p> <p>Sugar Cookies</p>	<p>Choose One</p> <p>Potato Bar (V) Choice of Tater Tots or Baked Potato w/ Taco Beef, Cheese, Sour Cream and Bacon or Ham and Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Carrot Stick</p> <p>Roasted corn</p>	<p>Choose One</p> <p>Carved Ham</p> <p>Dinner Roll</p> <p>Warm Provencal Sub</p> <p>Turkey and Cheese Sandwich</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Mashed Potatoes</p> <p>Celery stick</p> <p>Mixed Veg</p>	<p>Choose One</p> <p>Buffalo Chicken Dip</p> <p>Spinach Artichoke Dip</p> <p>Chicken Salad Sandwich</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden salad</p> <p>Tortilla Chips</p> <p>Celery stick</p> <p>Seasoned Mixed Veggie</p>	<p>Choose One</p> <p>Beef Nachos with assorted Toppings</p> <p>Grilled Cheese Sandwich</p> <p>BBQ Chicken Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Celery Sticks</p> <p>Black Beans</p> <p>Tomato, Corn Cilantro Salad</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Burrito Bowl w/ Beef</p> <p>w/ Vegan Crumbles</p> <p>Italian Sub</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Rice</p> <p>Black Beans</p> <p>Seasoned Corn</p>	<p>Choose One</p> <p>Meatball Parmesan Sub</p> <p>Vegan Meatball Sub</p> <p>Turkey and Cheese Sub</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Tater Tots</p> <p>Cherry Tomatoes</p> <p>Italian mix vegetable</p> <p>Desert</p> <p>Rice Krispie Treats</p>
21	22	23	24	25	26	27
<p>Choose One</p> <p>Crispy Chicken</p> <p>Drumstick w/ biscuit</p> <p>Yogurt Bento Box</p> <p>American Sub</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden salad</p> <p>Mashed Potato</p> <p>Homestyle Baked Beans</p> <p>Carrot Sticks</p>	<p>Choose One</p> <p>Breaded Chicken Tenders</p> <p>Vegan Nuggets</p> <p>Egg Salad Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Baked French Fries</p> <p>Celery Sticks</p> <p>Carrots stick</p>	<p>Choose One</p> <p>Chicken Parmesan Sandwich</p> <p>Vegetarian Burger</p> <p>Turkey and Cheese Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Cucumber Slices</p> <p>Roasted Garbanzo Beans</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Shepherd's Pie w/Biscuit</p> <p>Grilled Cheese Sandwich</p> <p>Chicken Caesar Wrap</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Mashed Potatoes</p> <p>Steamed Corn</p> <p>Celery Sticks</p> <p>WG Cookie</p>	<p>Choose One</p> <p>Teriyaki Chicken w/Fried Rice</p> <p>Vegan Nuggets</p> <p>Turkey Ham & Cheese</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Asian Mixed Vegetables</p> <p>Broccoli florets</p> <p>Carrot Sticks</p>	<p>Choose One</p> <p>Buffalo Chicken Calzone</p> <p>Broccoli & Cheese Calzone</p> <p>Italian Sub</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Cucumber Slices</p> <p>Carrot Sticks</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Chicken Caesar Salad</p> <p>Hummus Bento Box</p> <p>American Sub</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden salad</p> <p>Tater Tots</p> <p>Italian mixed vegetables</p> <p>Broccoli Florets</p>
28	29	30				
<p>Choose One</p> <p>Chicken Parm Sandwich</p> <p>Eggplant Parm Sandwich</p> <p>Turkey and Cheese Sub</p> <p>Sun butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Crinkle Fries</p> <p>Mixed Veggies</p> <p>Cucumber wheels</p>	<p>Choose One</p> <p>Cuban Style Sandwich</p> <p>Grilled cheese Sandwich</p> <p>Chicken Salad Sub</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Tater Tots</p> <p>Celery Sticks</p> <p>Baby Carrots</p> <p>Baked Potato Chips</p>	<p>Choose One</p> <p>Chicken Bowl (popcorn chicken, mashed potatoes, corn and gravy) w/Dinner Roll</p> <p>Yogurt Bagel Meal (Yogurt Bagel, Cheese Stick)</p> <p>Turkey and Cheese Sandwich</p> <p>Sun Butter & Grape Jelly Sandwich</p> <p>Sides for All Meals</p> <p>Garden Salad</p> <p>Mashed Potatoes</p> <p>Steamed Corn</p> <p>Broccoli Florets</p> <p>WG Cookie</p>				

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES

Menu items are subject to change

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