



Tamalpais Union High School District Fall Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chef's Choice Entrée <small>(see posting in café for daily updates)</small>	Turkey Pepper-Jack Cheese on Fresh Baked Bread	Chef's Choice Entrée	Burrito or Taco ^(GF) Pork Carnitas or Black-Bean topped with Spanish Rice & Cheese	Chef's Choice Entrée
Cheese Tamale w/ Black- Bean Corn Salsa ^(GF)	Fresh Oven Baked Bread Topped with Italian Cheese Blend w/ Marinara Sauce	Fresh Caprese Panini	Mandarin Orange Chicken Rice Bowl ^(GF)	Chicken Chipotle Ranch Wrap or with Corn Tortilla Chips ^(GF)
Teriyaki or Edamame Rice Bowl ^(GF)	Mandarin Orange Chicken Rice Bowl	Teriyaki or Edamame Rice Bowl ^(GF)	Savory Chicken Breast on a Fresh Roll or Rice ^(GF)	Teriyaki or Edamame Rice Bowl ^(GF)
100% All Beef Burger on Fresh Roll	Pulled Pork On Soft Roll or on Rice ^(GF)	100% All Beef Burger on Fresh Roll	Pepperoni, Veggie Or Four Cheese Pizza Slice	100% All Beef Burger on a Fresh Roll
Pepperoni, Veggie or Four Cheese Pizza Slice <small>(GF) offered daily</small>	Pepperoni, Veggie Or Four Cheese Pizza Slice	Pepperoni, Veggie or Four Cheese Pizza Slice		Pepperoni, Veggie or Four Cheese Pizza Slice



Lunch Meals Include:

Fresh vegetable bar, fruit, juice, milk and a treat twice a week
Student \$6 Adult \$6.5

Daily Breakfast Menu: Student \$3 & Adult \$3.5

Breakfast meals include entrée, juice, fresh fruit, and low fat regular or NF chocolate milk
Whole grain breakfast entrees: fresh baked cinnamon roll or scone, cold cereals ^(GF), or
yogurt with fruit and granola. New York style plain bagel & cream cheese
Hot breakfast entrees: English muffin sandwich with egg/ sausage/cheese, egg & cheese
muffin, and breakfast scrambled egg & cheese burrito

Ala Carte Beverages

Milk, Carton \$1
Propel, G2, and Cold Water \$2
Sparkling Juice or Slushy \$2

Snacks

Extra Fruit or Juice Box .50
Whole Grain CC Cookie \$1
Whole Grain Rice Krisp Bar \$1

Breakfast- must take two including ½ cup fruit
or vegetable. Entrée, fruit, Juice, Milk