



Tamalpais Union High School District Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week One: 1/11, 1/25, 2/8				
Distant Learning Menu 5-day break & lunch to-go: Pick up 7:30-8:00 am or 1:00-1:30pm Muffin, Apple Frudel, Waffle, Cereal, Grain Bar Bean or Pork Burrito, Teriyaki Rice Bowl with Chicken or Edamame, Bean Chili, Cheese Nachos, Sesame Salad Bowl with Chicken or Edamame Vegetable, Fruit, Milk ** Vegetarian Pack Available- please request on pick up In Person Sm. Hubs: Cereal or Muffin <i>Fruit, Juice, Milk</i> Lunch Chicken Tenders/Fries Pork Carnitas Taco (GF) Black Bean Taco (V, GF) <i>Produce Bag: Salad Cup & Fresh Fruit, Milk & Juice</i>	In Person Choices: Hot Breakfast Sandwich Muffin / Frudel Fruit, Juice, Milk Lunch Italian Pasta (v) Cheese Pizza (v) Sesame Salad Bowl with Chicken or Edamame (GF) Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Cinnamon Roll/ Benefit Bar Fruit, Juice, Milk Lunch Cuban Panini or Caprese (v) Cheesy Oven Bread Turkey & Cheese Sandwich on Fresh Baked Bread Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Muffin / Crumb Cake Fruit, Juice, Milk Lunch Chicken or Bean Fajita (v) Chef Salad (GF) Hummus Dip/ Sunflower Seeds/Tortilla Chip (GF V) Chocolate Chip Cookie Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Benefit Bar / Cinnamon Roll Fruit, Juice, Milk Lunch Chicken or Edamame Stir Fry with Yakasoba Noodles or Rice (GF V) All Beef Hamburger or Spicy Black Bean Burger (v) Produce Bag: Salad Cup & Fresh Fruit Milk & Juice

To-Go Free Student Breakfast Includes:
 Fruit, juice, and milk
 Must take entrée and one more item

Free Student Lunch Meals Include:
 Fresh fruit & vegetable to-go bag, juice, milk and a treat twice a week
 Must take entrée and one more item

**Menu Subject to Change Depending on Availability



Tamalpais Union High School District Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week Two: 1/19, 2/1, 2/22				
Distant Learning Menu 5-day break & lunch to-go: Pick up 7:30-8:00 am or 1:00-1:30pm Muffin, Apple Frudel, Pancakes, Cereal, Grain Bar Yaksoba Noodle Stir Fry Chicken or Edamame, Korean BBQ Pork & Rice, Italian Pasta, Chicken or Bean Fajita, Chef Salad Vegetable, Fruit, Milk ** Vegetarian Pack Available- please request on pick up In Person Choices: Cereal or Muffin <i>Fruit, Juice, Milk</i> In Person Sm. Hubs Chicken Tenders/Fries Pork Carnitas Taco (GF) Black Bean Taco (V, GF) <i>Produce Bag: Salad Cup & Fresh Fruit, Milk & Juice</i>	In Person Choices: Hot Breakfast Sandwich Muffin / Frudel Fruit, Juice, Milk Lunch Teriyaki Rice Bowl with Chicken or Edamame (v) Cheese Pizza Chef Salad (GF V) Chocolate Chip Cookie Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Cinnamon Roll/ Benefit Bar Fruit, Juice, Milk Lunch Carnitas or Bean Burrito (v) Turkey & Cheese Sandwich on Fresh Baked Bread Cheese Nacho Cup with Bean, Salsa and Tortilla Chip (GF V) Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Muffin / Crumb Cake Fruit, Juice, Milk Lunch Marinara Meatball Sub Walking Taco with Pork or Beans (GL V) Cheese Pizza Produce Bag: Salad Cup & Fresh Fruit Milk & Juice	In Person Choices: Hot Breakfast Sandwich Benefit Bar / Cinnamon Roll Fruit, Juice, Milk Lunch Chicken Tenderloin/Fries Hearty Vegetable Chili (GF V) Pasta Salad (v) Surprise Treat! Produce Bag: Salad Cup & Fresh Fruit Milk & Juice

FREE To-Go Student Breakfast Includes:
 Fruit, juice, and milk
 Must take entrée and one more item

FREE Student Lunch Meals Include:
 Fresh fruit & vegetable to-go bag, juice, milk and a treat twice a week
 Must take entrée and one more item

**Menu Subject to Change Depending on Availability