

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

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Week Two: 1/19, 2/1, 2/22				
Distant Learning Menu 5-day	In Person Choices:	In Person Choices:	In Person Choices:	In Person Choices:
break & lunch to-go:	Hot Breakfast Sandwich	Hot Breakfast Sandwich	Hot Breakfast Sandwich	Hot Breakfast Sandwich
Pick up 7:30-8:00 am or 1:00-1:30pm	Muffin / Frudel	Cinnamon Roll/ Benefit Bar	Muffin / Crumb Cake	Benefit Bar / Cinnamon Ro
Muffin, Apple Frudel, Pancakes,	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk
Cereal, Grain Bar				
Yaksoba Noodle Stir Fry				
Chicken or Edamame, Korean	Lunch	Lunch	Lunch	Lunch
BBQ Pork & Rice, Italian Pasta, Chicken or Bean Fajita, Chef	Teriyaki Rice Bowl with	Carnitas or Bean Burrito (v)	Marinara Meatball Sub	Chicken Tenderloin/Fries
Salad	Chicken or Edamame (v)	Carmas of Bean Barries (V)	Walifiara Walioan Suo	Cineken Tenderion, Tries
Vegetable, Fruit, Milk	Cinetien of Learnanie (1)	Turkey & Cheese Sandwich	Walking Taco with Pork or	Hearty Vegetable Chili (GF)
	Cheese Pizza	on Fresh Baked Bread	Beans (GL V)	Hearty Vegetable Chin (GF)
** Vegetarian Pack Available-	Cheese I izza	on riesh baked bread	Beans (GL V)	Danta Calad
please request on pick up In Person Choices:	C1 f C - 1 - 1	Chara Nacha Cara aith	Clara D'ana	Pasta Salad (V)
	Chef Salad (GF V)	Cheese Nacho Cup with	Cheese Pizza	
Cereal or Muffin		Bean, Salsa and Tortilla		Surprise Treat!
Fruit, Juice, Milk	Chocolate Chip Cookie	Chip (GF V)	Produce Bag: Salad Cup &	
In Person Sm. Hubs			Fresh Fruit	Produce Bag: Salad Cup &
Chicken Tenders/Fries	Produce Bag: Salad Cup &	Produce Bag: Salad Cup &		Fresh Fruit
Pork Carnitas Taco (GF)	Fresh Fruit	Fresh Fruit	Milk & Juice	
Black Bean Taco (V, GF)				Milk & Juice
Produce Bag: Salad Cup &	Milk & Juice	Milk & Juice		
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