

# TCA Lunch Menu

# August



# 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14 <b>**First Day of School**</b> Chicken tenders, tater tots, vegetable, fruit V – Zucchini fries, tater tots, vegetable, fruit	15 Spaghetti with meatballs, vegetable, fruit V – Spaghetti with “meat”balls, vegetable, fruit	16 Grilled chicken sandwich, vegetable, fruit V – Impossible nugget sandwich, vegetable, fruit	17 Pork fried rice, egg rolls, pineapple V – Fried rice, vegetable spring rolls, pineapple	18 TCA Technology Fundraiser - 2 Slices of cheese or pepperoni pizza, chips and dessert
21 Athletics Fundraiser - Wendy's cheeseburger, chicken nuggets, fries, and dessert V – Grilled cheese sandwich, peas, fruit	22 Cheeseburger burritos with mild salsa, tortilla chips and fruit V – Bean and cheese burritos with mild salsa, tortilla chips and fruit	23 Chicken noodle soup, grilled cheese sandwich, fruit V – Vegetable soup, grilled cheese sandwich, fruit	24 Little smokies, baked beans, cornbread, fruit V – Vegetarian sausage, baked beans, cornbread, fruit	25 TCA Technology Fundraiser - 2 Slices of cheese or pepperoni pizza, chips and dessert
28 Athletics Fundraiser - Wendy's cheeseburger, chicken nuggets, fries, and dessert V – Grilled cheese sandwich, peas, fruit	29 Chicken Alfredo, vegetable, fruit V – Lentil pasta Alfredo, vegetable, fruit	30 Pulled pork BBQ sandwiches, potato salad, fruit V – Portabella BBQ sandwiches, potato salad, fruit	31 Loaded nachos, vegetable, fruit V – Black bean loaded nachos, vegetable, fruit	September 1 TCA Technology Fundraiser - 2 Slices of cheese or pepperoni pizza, chips and dessert