

JANUARY

2019

**GOOD
EATS AT**

Tenaha ISD
High School

**SPECIAL
ANNOUNCEMENTS**

Welcome Back!
Happy New Year!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



This product was funded by USDA.
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**ORANGE
STAR**

Breakfast- Sausage
Biscuit
Lunch- Stuffed crust Pizza,
salad, carrot sticks,
peaches, milk, pudding
Option- Chic. Sand.

7

Breakfast- French toast
stick
Lunch- Chicken Rings,
potatoes, gravy, bread,
corn, baby carrots, pears,
apples, milk, jello
Option- Stk. Fingers

8

Breakfast- Cinnamon Roll
Lunch- Tiger Burger, cheese,
fixins, Fries, peaches,
orange, baby carrots, milk
Option- Burger

9

Breakfast- biscuit, Gravy
Lunch- Turkey Hoagie,
baked beans, baked
chips, fixins, tropical fruit,
apple, milk, pudding
Option- Chic Sandwich

10

Breakfast- Pizza
Lunch- Grilled cheese,
SOUP, carrot stick,
salad, peaches,
milk, crackers

11

Breakfast- Pancake on
a Stick
Lunch- Tacos, lettuce,
cheese, pinto beans,
pineapple, orange, rice
option- Burrito

14

Breakfast- Omelette, toast
Lunch- Chicken fried
steak, potatoes, gravy,
green beans, pears,
orange, milk, bread
Option- Nuggets

15

Breakfast- Mini Pancakes
Lunch- Tiger chicken, cheese,
fixins, Tots, baby carrots,
peaches, orange, milk
Option- Burger

16

Breakfast- French Toast
Sticks
Lunch- Hot Dog, chili,
cheese, chips, carrots,
salad, pears, apple, milk
Option- Corn dog

17

Breakfast- Pizza, fruit,
juice, milk
Lunch- Mini Corn dogs,
broccoli, carrots, Fruit mix,
orange, milk, pudding
Option- Nuggets

18

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21

Breakfast- Scrambled
eggs, toast
Lunch- BBQ sandwich,
black eyed peas, sweet
potato tots, pears, apple,
milk, pudding
Option- Corn dog

22

Breakfast- French toast
stick
Lunch- Chicken Strips,
potatoes, gravy, bread,
corn, baby carrots, pears,
apples, milk
Option- Stk. fingers

23

Breakfast- Sausage
Biscuit
Lunch- Pizza, salad,
carrot sticks, peaches,
milk, pudding
Option- Chic. Sand.

24

Breakfast- Kolache
Lunch- Beef Tips & rice,
green beans, roll, tropical
fruit, orange, salad,
milk, pudding
Option- Chic Nugges

25

Breakfast- Biscuit, gravy
Lunch- Nachos, meat,
cheese, pinto beans,
mini carrots, pineapple,
orange, milk, rice
Option- Burrito

28

Breakfast- Sausage, Biscuit
Lunch- Hot ham & cheese on
Ciabatta bun, pickle spears,
broccoli, applesauce, orange,
chips, milk, pudding
Option- Burger

29

Breakfast- Pancake on a
stick
Lunch- Baked Potato, ham,
cheese, 2 bread sticks,
broccoli, baby carrots,
pears, orange milk
Option- Pizza

30

Breakfast- Omelet, toast
Lunch- Stuffed crust Pizza,
salad, carrot sticks,
peaches, milk pudding
Option- Chic. Sandwich

31