### SEPTEMBER 2020

#### Daily Tiger Choices:

**Hot Meal Service**

- **Tiger PB&J Meal:**
  - Peanut Butter/Grape Jelly
  - Uncrustable 32g
  - Cheese Stick
  - Colby Jack 0g
  - Reduced Fat Nacho Doritos 20g
  - Raw Veggie Option (1-11g)
  - Fruit of the Day 8-28g
  - Milk 24g

- **Tiger Salad Option:**
  - Cobb Salad 44g
  - Fruit of the Day 8-28g
  - Milk 24g

- **Raw Tiger Veggie Option**
  - Cucumbers, Tomatoes, Cauliflower, Bell Peppers, Carrots, Celery & Broccoli (1-11g)

**Flavored Milk Varieties 11-24g**
- 1 Cup 1% White
- 1 Cup FF Chocolate

**Condiments Offered Daily according to menu**
- (0g-11g)

* Tiger Menu’s Subject to Change

---

### Breakfast Menu

**Monday:**
- Pizza–Cheese, 33g
- Peppers or Sausage
- Green Beans, 3g
- Cookie, 23g
- Peaches, 14g
- Milk, 24g
- **Total Carbs:** 97g

**Tuesday:**
- Marinated Grilled Chicken, 6g
- White Bun, 23g
- Gold Fish Crackers, 9g
- Seasoned Potato, 12g
- Peas, 11g
- Mixed Fruit, 17g
- Milk, 24g
- **Total Carbs:** 102g

**Wednesday:**
- Chicken & Noodles, 22g
- Mashed Potatoes, 13g
- White Dinner Roll, 19g
- Margarine Cup, 0g
- Corn, 16g
- Cookie, 23g
- Applesauce, 14g
- Milk, 24g
- **Total Carbs:** 132g

**Thursday:**
- NEW Menu
  - Lil’ Smoked Sausages, 1g
  - Mac & Cheese, 26g
  - WG Pretzel, 30g
  - Peas, 11g
  - Peach Cup, 19g
  - Milk, 24g
  - **Total:** 111g

**Friday:**
- Tiger Basket—NEW
  - Chicken Strips–4 ea, 53g
  - w/Texas Toast & Gravy
  - Margarine Cup, 0g
  - French Fries, 17g
  - Glazed Carrots, 13g
  - Mixed Fruit, 17g
  - Milk, 24g
  - **Total Carbs:** 128g

---

### Lunch Menu

**Monday:**
- Hamburger Patty, 2g
- Hamburger Bun, 28g
- Pickle Slices, 0g
- Cheese Slice, 1g
- Waffle Fries, 19g
- Green Beans, 3g
- Cookie, 24g
- Peaches, 14g
- Milk, 24g
- **Total Carbs:** 130g

**Tuesday:**
- **Total Carbs:** 130g

**Wednesday:**
- No School

**Thursday:**
- **Total Carbs:** 130g

**Friday:**
- **Total Carbs:** 130g

---

### Tiger Bowl

- **Monday:**
  - Breaded Chicken, 15g
  - Hamburger Bun, 28g
  - Cheese Slice, 1g
  - Mayo Pkt, 0g
  - Broccoli, 6g
  - Pears, 16g
  - Milk, 24g
  - **Total Carbs:** 90g

- **Tuesday:**
  - Marinated Grilled Chicken, 33g
  - Cheese, 6g
  - Green Beans, 3g
  - Cookie, 23g
  - Peaches, 14g
  - Milk, 24g
  - **Total Carbs:** 97g

- **Wednesday:**
  - NEW Menu
  - Tiger Bowl, 55g
  - Mashed Potatoes, 28g
  - Gravy, 19g
  - Green Beans, 3g
  - White Dinner Roll, 19g
  - Margarine Cup, 0g
  - Cheese, 8g
  - Milk, 24g
  - **Total:** 119g