

Tomlinson Middle School

Week of Nov 28th to Dec 2nd Menu Menu Subject to Change

Available Daily	Daily Specials				
	Monday	Tuesday	Wednesday	Thursday	Friday
Homestyle, Comfort Foods	Chicken Tender Wrap Seasoned Baked Potato Wedges Seasoned Green Beans Chilled Pears Choice of Fat Free Milk	Oven Roasted Turkey Mashed Potatoes w/ Gravy WG Dinner Roll Fruit Crisp Choice of Fat Free Milk	WG Spaghetti w/ Italian Meat Sauce Garlic Toast Seasoned Carrot Coins Applesauce Choice of Fat Free Milk	Chicken & Cheese Quesadilla Refried Beans Chilled Peaches Choice of Fat Free Milk	Sweet & Sour Popcorn Chicken Brown Rice Steamed Oriental Vegetables Fresh Orange Choice of Fat Free Milk
Rotating Specialty Item	Cheese Pizza	Cheeseburger on WG Bun	Pepperoni Pizza	Turkey & Cheese WW Wrap	Cheese Pizza
Good Food, Fast!	Cottage Cheese & Fruit Platter w/ Crackers Choice of Fat Free Milk	Chicken Caesar Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Chef Salad Platter w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Crispy Chicken Popper Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk	Turkey Club Salad w/ WG Dinner Roll Fresh Fruit Choice of Fat Free Milk

All Lunches Include: Entrée Choice, 2 – Fruits/Vegetables, Choice of Milk
All Meals available to Free/Reduced Program Students at no extra charge.

Tomlinson Middle School Breakfast Menu

Daily Specials				
Monday	Tuesday	Wednesday	Thursday	Friday
WG Reduced Fat Blueberry Mini Loaf Cheese Stick Apple Juice Choice of Fat Free Milk	WG Cream Cheese Bagel Stuffer Fresh Locally Grown Apple Choice of Fat Free Milk	WG Apple Cinnamon Breakfast Bar Fresh Orange Choice of Fat Free Milk	WG Ultimate Breakfast Granola Round Orange Juice Choice of Fat Free Milk	Low Fat Strawberry Yogurt WG Goldfish Graham Cracker Petite Banana Choice of Fat Free Milk
Assorted of High Fiber, Reduced Sugar Cereals Available Daily All cereals include choice of String Cheese, Reduced Fat WG Blueberry Loaf, or Goldfish Graham Cracker Fruit or 100% Fruit Juice Choice of Fat Free Milk				

Questions or comments?
Please call Pam Heintz, Food Service Director at 313-565-6631

Food Service provided by Chartwells

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