

# Tahoma School District – High School Menus

## March 2023

Tahoma School District will return to traditional National School Lunch and School Breakfast operations in SY2022-23. All meals include chocolate milk or white milk. Students may bring their lunch, snacks and/or beverages from home. Due to severe **supply chain disruptions**, we may not receive the volume of food and supplies that we order. This is why we have to substitute some entrees with other entrees that our distributors have in stock at the time. Breakfast is served before school in all buildings. **Breakfast and lunches are available at no cost for all students who are eligible for free or reduced-price meals**, per Washington State law.

**PRICES: BREAKFAST** including milk: Students \$3.00, Adults \$4.00. **LUNCH** including milk: Students \$5.00, Adults \$6.00. **Milk only:** \$0.75.

**“This institution is an equal opportunity provider”**

**Menus are subject to change due to food and supply shortages.**

MONDAY	TUESDAY	WASTE –FREE WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Sandwich Fruit Milk Juice	Buttermilk Donut Bar Fruit Milk Juice	Cereal or Cereal Bar Fruit Milk Juice
<p><b>Free and Reduced Meal Application forms for 2022-2023</b> are available in your child's school office, at the Central Services Center, and at <a href="https://www.tahomasd.us/departments/nutrition_services/free_reduced-priced_meal_information">https://www.tahomasd.us/departments/nutrition_services/free_reduced-priced_meal_information</a></p> <p><b>Consent To Share form</b> <a href="https://www.tahomasd.us/common/pages/DisplayFile.aspx?itemId=57490448">https://www.tahomasd.us/common/pages/DisplayFile.aspx?itemId=57490448</a></p>	<p><b>How to pay for school meals</b> School cafeteria staff accept <b>cash</b> and <b>check payments</b>. Please make checks payable to Tahoma Food Services. Parents/Guardians may make <b>online payments</b> thru InTouch, or thru Skyward. <a href="https://www.tahomasd.us">https://www.tahomasd.us</a></p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="font-size: small; text-align: center;">Skyward      Online Payment</p>	<p>1</p> <p><b>Chili Baked Potato</b> Veggies, Fruit &amp; Milk</p> 	<p>2</p> <p><b>Corn Dog*</b> Veggies, Fruit and Milk</p> <p>*made with chicken</p>	<p>3</p> <p><b>Fish &amp; Chips</b> Veggies, Fruit and Milk</p>
Cereal or Cereal Bar Fruit Milk Juice	Farmer's Breakfast Fruit Milk Juice	Breakfast Sandwich Fruit Milk Juice	Buttermilk Donut Bar Fruit Milk Juice	Cereal or Cereal Bar Fruit Milk Juice
6 <b>Chicken Drumstick</b> Mashed Potatoes and Gravy Veggies, Fruit and Milk	7 <b>Super Nachos with Beef Taco Meat</b> Zesty Black Bean & Corn Salsa Churro Veggies, Fruit and Milk	8 <b>Mandarin Orange Chicken</b> Fried Rice and Vegetarian Egg Roll Veggies, Fruit and Milk	9 <b>Cheeseburger</b> Veggies, Fruit & Milk	10 <b>Fish &amp; Chips</b> Veggies, Fruit and Milk
Cereal or Cereal Bar Fruit Milk Juice	Farmer's Breakfast Fruit Milk Juice	Breakfast Sandwich Fruit Milk Juice	Buttermilk Donut Bar Fruit Milk Juice	Cereal or Cereal Bar Fruit Milk Juice
13 <b>Chicken Nuggets &amp; Potato Wedges</b> Veggies, Fruit and Milk	14 <b>Chicken Burrito Bowl</b> Zesty Black Bean & Corn Salsa Veggies, Fruit and Milk	15 <b>Garlic Cheese Toast</b> Veggies, Fruit & Milk	16 <b>Chicken Burger</b> Veggies, Fruit & Milk	17 <b>Fish &amp; Chips</b> Veggies, Fruit and Milk
Cereal or Cereal Bar Fruit Milk Juice	Farmer's Breakfast Fruit Milk Juice	Breakfast Sandwich Fruit Milk Juice	Buttermilk Donut Bar Fruit Milk Juice	Cereal or Cereal Bar Fruit Milk Juice
20 <b>No School</b> No Meal Services Today	21 <b>Chicken Empanada</b> Steamed Sweet Corn Veggies, Fruit and Milk	22 <b>Chicken Alfredo</b> Veggies, Fruit and Milk	23 <b>Corn Dog</b> Veggies, Fruit and Milk *made with chicken	24 <b>Fish &amp; Chips</b> Veggies, Fruit and Milk
Cereal or Cereal Bar Fruit Milk Juice	Farmer's Breakfast Fruit Milk Juice	Breakfast Sandwich Fruit Milk Juice	Buttermilk Donut Bar Fruit Milk Juice	Cereal or Cereal Bar Fruit Milk Juice
27 <b>Chicken Drumstick</b> Mashed Potatoes and Gravy Veggies, Fruit and Milk	28 <b>Super Nachos with Turkey Taco Meat</b> Zesty Black Bean & Corn Salsa Churro Veggies, Fruit and Milk	29 <b>Chicken Teriyaki</b> Fried Rice and Vegetarian Egg Roll Veggies, Fruit and Milk	30 <b>Cheeseburger</b> Veggies, Fruit & Milk	31 <b>Fish &amp; Chips</b> Veggies, Fruit and Milk