

# Tahoma School District – Menus for Middle Schools

## 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 \$4.75, 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
		Donut Bar Fruit Milk Juice	Cinnamon Roll Fruit Milk Juice	Mini Maple Waffle 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 and 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>Corn Dog*</b> Veggies, Fruit &amp; Milk</p> <p style="font-size: x-small;">*made with chicken</p> 	<p>2</p> <p><b>Chicken Teriyaki &amp; Rice</b> Veggies, Fruit &amp; Milk</p>	<p>3</p> <p><b>Pizza</b> Veggies, Fruit and Milk</p>
Cereal or Cereal Bar Fruit Milk Juice	Banana Choc. Bar Fruit Milk Juice	Donut Bar Fruit Milk Juice	Cinnamon Roll Fruit Milk Juice	Mini Maple Waffle Fruit Milk Juice
6 <b>Cheesy Pull-Apart</b> Veggies, Fruit and Milk	7 <b>Chicken Nuggets</b> Veggies, Fruit and Milk	8 <b>Super Nachos</b> Tortilla Chips & Beef Taco Meat Veggies, Fruit & Milk	9 <b>Orange Chicken &amp; Rice</b> Veggies, Fruit & Milk	10 <b>Pizza</b> Veggies, Fruit and Milk
Cereal or Cereal Bar Fruit Milk Juice	Banana Choc. Bar Fruit Milk Juice	Donut Bar Fruit Milk Juice	Cinnamon Roll Fruit Milk Juice	Mini Maple Waffle Fruit Milk Juice
13 <b>Mozz. Bread Sticks</b> Veggies, Fruit and Milk	14 <b>Chicken Nuggets</b> Veggies, Fruit and Milk	15 <b>Corn Dog*</b> Veggies, Fruit & Milk	16 <b>Teriyaki Beef Bites &amp; Rice</b> Veggies, Fruit & Milk	17 <b>Pizza</b> Veggies, Fruit and Milk
	Banana Choc. Bar Fruit Milk Juice	Donut Bar Fruit Milk Juice	Cinnamon Roll Fruit Milk Juice	Mini Maple Waffle Fruit Milk Juice
20 <b>No School</b> No Meal Services Today	21 <b>Chicken Nuggets</b> Veggies, Fruit and Milk	22 <b>Super Nachos</b> Tortilla Chips & Turkey Taco Meat Veggies, Fruit & Milk	23 <b>Chicken Teriyaki &amp; Rice</b> Veggies, Fruit & Milk	24 <b>Pizza</b> Veggies, Fruit and Milk
Cereal or Cereal Bar Fruit Milk Juice	Banana Choc. Bar Fruit Milk Juice	Donut Bar Fruit Milk Juice	Cinnamon Roll Fruit Milk Juice	Mini Maple Waffle Fruit Milk Juice
27 <b>Garlic Cheese Toast</b> Veggies, Fruit and Milk	28 <b>Chicken Nuggets</b> Veggies, Fruit and Milk	29 <b>Hamburger</b> Veggies, Fruit & Milk	30 <b>Mac &amp; Cheese</b> Veggies, Fruit & Milk	31 <b>Pizza</b> Veggies, Fruit and Milk