





# Tahoma School District – Breakfast & Lunch Menus

## January 2021

Tahoma School District provides curbside meal services at Tahoma High School and Lake Wilderness Elementary School every day, Monday thru Friday. **Free meals are available to all children age 18 and younger.** **FREE** grab & go breakfast and lunches are served in take-out containers or paper lunch bags. All lunches include ½ cup fruit, ½ cup of veggies and milk. At Tahoma HS and at Lake Wilderness ES, meals are distributed 7:30 am – 8:30 am, and 11:30 am – 12:30 pm. All meals will be served cold. Please keep your child and family safe. Keep items refrigerated until you are ready to heat and serve them. Parents/Guardians may pick up both breakfast and lunch at the same time for their child(ren).

***"This institution is an equal opportunity provider."*** *Menus are subject to change due to occasional food and supply shortages.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>How to pay for school meals</b>  <b>At curbside, staff accept cash and check payments for deposit into your child's account. We do not give change.</b>                      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><u>Free and Reduced Meal Application forms</u> for school year 2020-2021 are available in your school's office, the food services office, on-line, and at curbside.</p>			
Cereal Milk Fruit	French Toast Bites Milk Fruit	Mini Maple Pancakes Milk Fruit	Bagel & Cheese Omelet Milk Fruit	Cereal Milk Fruit
<b>Garlic Cheese Toast</b> or Cook's Choice      4	<b>Cheeseburger</b> Or Cook's Choice      5	<b>Mozz. Bread Sticks</b> or Cook's Choice      6	<b>Chicken Teriyaki &amp; Rice</b> or Cook's Choice      7	<b>Pizza</b> or Cook's Choice      8
Cereal Milk Fruit	Pancake on a Stick Milk Fruit	Buttermilk Donut Bar Milk Fruit	Bagel & Cheese Omelet Milk Fruit	Cereal Milk Fruit
<b>Chicken Nuggets</b> or Cook's Choice      11	<b>Mozz. Bread Sticks</b> or Cook's Choice      12	<b>Beef or Chicken Teriyaki &amp; Rice</b> or Cook's Choice      13	<b>Baked Potato &amp; Beef Taco Meat</b> or Cook's Choice      14	<b>Pizza</b> or Cook's Choice      15
Cereal Milk Fruit	Cereal Milk Fruit	Mini Maple Pancakes Milk Fruit	Bagel & Cheese Omelet Milk Fruit	Cereal Milk Fruit
<b>Martin Luther King Jr. Day</b> No Meal Services Today      18	<b>Cheeseburger</b> or Cook's Choice      19	<b>French Toast &amp; Cheese Omelet</b> or Cook's Choice      20	<b>Chicken Burrito Bowl &amp; Tostitos</b> or Cook's Choice      21	<b>Mozz. Bread Sticks</b> or Cook's Choice      22
Cereal Milk Fruit	Cereal Milk Fruit	Buttermilk Donut Bar Milk Fruit	Bagel & Cheese Omelet Milk Fruit	Cereal Milk Fruit
<b>No School</b> No Meal Services Today      25	<b>Cheeseburger</b> or Cook's Choice      26	<b>Chicken Corn Dog</b> or Cook's Choice      27	<b>Mozz. Bread Sticks</b> or Cook's Choice      28	<b>Pizza</b> or Cook's Choice      29