

Tyler ISD Early College/Rise Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Fruit Choice: Monday- Diced Peaches Tuesday- Applesauce Wednesday- Diced Pears Thursday- Fruit Cocktail Friday- Diced Peaches</p> <p>Variety of Milk offered at Breakfast and Lunch Daily</p>	<p>Jan 1</p> 	<p>Jan 2</p> <p style="text-align: center;">Christmas Break</p>	<p>Jan 3</p> <p style="text-align: center;">Christmas Break</p>	<p>Jan 4</p> <p style="text-align: center;">Christmas Break</p>
<p>Jan 7 French Toast Sticks Lunch Entrée: Individual Pepperoni Pizza Oven Fried Chicken w/Roll Fruit/vegetable: Mashed Potatoes w/wo Gravy Baby Carrot Sticks Raisins/ Fruit Cocktail</p>	<p>Jan 8 Sausage Biscuit Lunch Entrée: Cheeseburger Buffalo Chicken Tenders w/Roll Fruit/vegetable: Oven Baked Seasoned Fries Lettuce/Tomato/Pickles Blueberry Craisins / Diced Pears</p>	<p>Jan 9 Blueberry Mini Pancakes Lunch Entrée: Steak Fingers w/Roll Asian Chicken w/Roll Fruit/vegetable: Mashed Potatoes w/wo Gravy Steamed Broccoli w/wo Cheese Orange Wedges /Diced Peaches</p>	<p>Jan 10 Sausage Roll Lunch Entrée: Breaded Chicken Sandwich w/Pickles w/Doritos Hot Dog w/wo Chili w/Doritos Fruit/vegetable: Baby Carrot Sticks Lettuce & Tomato Fresh Grapefruit/ Applesauce</p>	<p>Jan 11 Maple Mini Waffles Lunch Entrée: Beef Tostitos Nachos Stuffed Crust Pepperoni Pizza Fruit/vegetable: Tossed Salad Pinto Beans Steamed Corn Sliced Red Apples/ Raisels</p>
<p>Jan 14 Sausage Biscuit Lunch Entrée: Cheeseburger Corn Dog Fruit/vegetable: Oven Baked Seasoned Fries Lettuce, Tomato, Pickles Strawberry Craisins/ Fruit Cocktail</p>	<p>Jan 15 Yogurt w/Cinnamon Gripz Grahams Lunch Entrée: Pizza Pepperoni Pocket Beef Tostitos Nachos Fruit/vegetable: Tossed Salad Steamed Corn Applesauce/ Diced Pears</p>	<p>Jan 16 Maple Mini Pancakes w/Sausage Lunch Entrée: Stuffed Crust Pepperoni Pizza Asian Chicken w/Roll Fruit/vegetable: Broccoli w/wo Cheese Baby Carrot Sticks Orange Wedges/ Diced Peaches</p>	<p>Jan 17 Sausage Pancake on a Stick Lunch Entrée: Steak Fingers w/Roll Popcorn Chicken w/Roll Fruit/vegetable: Mashed Potatoes w/wo Gravy Steamed Sliced Carrots Diced Peaches/ Applesauce</p>	<p>Jan 18 Breakfast Pizza Lunch Entrée: Spicy Chicken Sandwich w/Pickle Chips Beef Tostitos Nachos Fruit/vegetable: Oven Baked Seasoned Fries Pinto Beans Tossed Salad Sliced Green Apples /Raisels</p>
<p>Jan 21</p> <p style="text-align: center;">Martin Luther King Jr. Holiday NO SCHOOL!!!</p>	<p>Jan 22 Pancake on a Stick Lunch Entrée: Beef Ravioli w/Roll Chicken Tenders w/Roll Fruit/vegetable: Steamed Broccoli w/wo Cheese Mashed Potatoes w/wo Gravy Cherry Craisins/ Diced Pears</p>	<p>Jan 23 Breakfast Pizza Lunch Entrée: Breaded Chicken Sandwich w/Pickles Beef Tostitos Nachos Fruit/vegetable: Oven Baked Seasoned Fries Tossed Salad Sliced Red Apples/Diced Peaches</p>	<p>Jan 24 Sausage Biscuit Lunch Entrée: Cheeseburger Spicy Popcorn Chicken w/Roll Fruit/vegetable: Baked Seasoned Fries Baby Carrot Sticks Lettuce/ Tomatoes/ Pickles Orange Wedges/ Applesauce</p>	<p>Jan 25 Cinnamon Mini Waffles Lunch Entrée: Taco Snack w/wo Chili Four Meat Primo Pizza Fruit/vegetable: Pinto Beans Seasoned Corn Grappele/ Raisels</p>
<p>Jan 28 French Toast Sticks Lunch Entrée: Individual Pepperoni Pizza Oven Fried Chicken w/Roll Fruit/vegetable: Mashed Potatoes w/wo Gravy Baby Carrot Sticks Fresh Gala Apples / Fruit Cocktail</p>	<p>Jan 29 Sausage Biscuit Lunch Entrée: Cheeseburger Buffalo Chicken Tenders w/Roll Fruit/vegetable: Oven Baked Seasoned Fries Lettuce/Tomato/Pickles Orange Wedges/ Diced Pears</p>	<p>Jan 30 Blueberry Mini Pancakes Lunch Entrée: Steak Fingers w/Roll Asian Chicken w/Roll Fruit/vegetable: Mashed Potatoes w/wo Gravy Steamed Broccoli w/wo Cheese Applesauce/Diced Peaches</p>	<p>Jan 31 Sausage Roll Lunch Entrée: Breaded Chicken Sandwich w/Pickles w/Doritos Hot Dog w/wo Chili w/Doritos Fruit/vegetable: Baby Carrot Sticks Lettuce & Tomato Strawberry Craisins Applesauce</p>	<p style="text-align: center;">Daily Hot Breakfast (or) Variety of Cereal and Graham Crackers (OR) Strawberry Pop Tarts Offered Daily at Breakfast</p> <p style="text-align: center;">**Breakfast is Free for All Students**</p>

Ask Café staff for the menu for students attending TJC