

TRSD High School

Jan.7th-Jan 11th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Everyday Choice

Grab & Go/ Bagel w/Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	French Toast Stick w/ Sausage Patty Ham & Cheese on English Muffin	
TUESDAY	Fruit Muffin Sausage & Cheese Biscuit	V
WEDNESDAY	Pancake bar w/ Fruit Compote & Toppings/ Ham & Cheese on English Muffin	V
THURSDAY	Tater Tot Breakfast Bowl w/ Toast Sausage & Cheese Biscuit	
FRIDAY	Cinnamon Rolls/ Ham & Cheese on English Muffin	V

Daily Special

1/9/19-National Soup Month!

MARKET

MONDAY	Chicken Nuggets w/ Breadstick & Mixed Garden Vegetables	
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Grilled Cheese w/ Warm Tomato Soup	V
THURSDAY	Popcorn Chicken w/ Cheesy Mashed Potatoes & WW Roll	
FRIDAY	Macaroni & Queso Blanco w/ Blanched Broccoli Pizza	V

DELI

Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Combo Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Crispy Chicken Salad

CREATIONS

This Week's Feature:

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich-(V)- offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menu available online*

V Vegetarian

Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

CROSS ROADS
CAFE
by sodexo*

TRSD High School

Jan 14th-Jan 18th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.
Menu is subject to change.

SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

Grab & Go/ Bagel w/Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Pancakes & Sausage Breakfast on a stick w/ syrup Ham & Cheese on English Muffin	
TUESDAY	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit	
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	WG Pancakes w/ syrup Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

Daily Special

1/16/19-national Hot & Spicy Food Day!

MARKET

MONDAY	Bean & Cheese Enchilada w/ Roasted Corn	V
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Fish Taco w/ Bean & Corn Salad	
THURSDAY	Turkey Gravy w/ Mashed Potatoes & WW Roll	
FRIDAY	Spaghetti & Meat Sauce Pizza	V

Daily Special

DELI

MONDAY	Turkey & Cheese Sub/ Chef's Salad	
TUESDAY	Ham & Cheese Sub/ Spinach Salad	V
WEDNESDAY	Italian Sub/ Chicken Caesar Salad	
THURSDAY	American Combo Sub/ Taco Salad	
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad (South)	V

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V) -offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
Deli Bar-Build Your Own

Menu available online*

V Vegetarian

M Mindful

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CROSS ROADS
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TRSD High School

Jan 21st - Jan 25th

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Daily Special/Everyday

Grab & Go/ Bagel w/Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	No Service	
TUESDAY	Apple Pocket Sausage & Cheese Biscuit	V
WEDNESDAY	Pancake Bar w/ Toppings Ham & Cheese on English Muffin	V
THURSDAY	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special/Everyday

1/21/19-MLK Day!

MARKET

1/24/19-New Promotion
1/25/19-Cookie Day!

MONDAY	No Service	
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Meatball Sub w/ Green Peas	
THURSDAY	Ramen Noodle Bar-NEW!	V
FRIDAY	Mini Cheese Ravioli w/ Breadstick & Caesar Salad	V

Daily Special/Everyday

DELI

MONDAY	Turkey & Cheese Sub/ Chef's Salad	
TUESDAY	Ham & Cheese Sub/ Spinach Salad	V
WEDNESDAY	Italian Sub/ Chicken Caesar Salad	
THURSDAY	American Combo Sub/ Taco Salad	
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad (South)	

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V)-offered daily
Sunflower Butter & Jelly Sandwich- (V)-offered daily
Mon, Wed, Fri-French Fries
Tues, Thur-Tater Tots
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CAFE
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TRSD High School

Jan 28th - Jan 31st

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SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Everyday Choice

Grab & Go/ Bagel w/ Cream Cheese/Toast

BREAKFAST

Asst. Cereal / Asst. Milk

MONDAY	Pancake & Sausage Breakfast on a Stick w/Syrup Ham & Cheese on English Muffin
TUESDAY	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings/ Ham & Cheese on English Muffin
THURSDAY	WG Pancakes w/ Syrup Sausage & Cheese Biscuit
FRIDAY	

V

V

Daily Special

MARKET

MONDAY	Chicken Nuggets w/ WW Roll & Marinated Green Beans
TUESDAY	Nachos (bean/chicken/beef) V
WEDNESDAY	Turkey Gravy w/ Mashed Potatoes & WW Roll
THURSDAY	Beef Stroganoff w/ Caesar Salad
FRIDAY	

Daily Special/Everyday

DELI

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Combo Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Crispy Chicken Salad

CREATIONS

This Week's Feature:

FAST TAKES

Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Hot/Cold Cheese Sandwich- (V) - offered daily
Sunflower Butter & Jelly Sandwich-(V) - offered daily
Mon, Wed, Fri-French Fries
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