





MARCH 2010



TOMAHAWK EXPRESS- CORINTH MIDDLE/HIGH SCHOOL LUNCH & BREAKFAST MENU

<p>Breakfast Prices: Student, daily- \$1.00 Student, weekly- \$5.00 Reduced Daily- \$.25 Reduced Weekly- \$1.25 Adult Meal- \$2.00</p>	<p>1 Chicken Patty on a Bun Oven Fries Fresh Pear</p> <p>.....</p> <p>Cereal Choice Whole Wheat Toast Margarine</p>	<p>2 <u>Taco Tuesday</u> (Taco meat, lettuce, tomatoes, cheese, salsa) Fluffy Brown Rice Diced Peaches</p> <p>.....</p> <p>Ham & Scrambled Eggs Whole Wheat Toast & Margarine</p>	<p>3 Sliced Turkey Wrap w/ cheese, lettuce & tomatoes Fresh Cukes with Dip Sunchips Apple</p> <p>.....</p> <p>French Toast Sticks Warm Maple Syrup</p>	<p>4 Italian Pasta Bake Italian Bread Garden Salad Mixed Fruit</p> <p>.....</p> <p>Colby Cheese Omelet Whole Wheat Toast Margarine</p>	<p>5 Toasted Cheese Sandwich Tomato Soup Green Beans Banana</p> <p>.....</p> <p>Hard Boiled Egg Biscuit with Margarine & Jelly</p>  <p>CCS Drama Production "Grease" 5th-7th</p>	<p>Lunch Prices: Student, daily- \$1.75 Student, weekly- \$8.75 Reduced Daily- \$.25 Reduced Weekly- \$1.25 Variety Milk- \$.40 Ice cream- \$.50 Adult Meal- \$3.01</p> <p>.....</p> <p>Lunch Meal Includes the listed menu item and choice of fresh OR canned fruit and a carton of milk. When offered the meal also includes dessert. *****</p>
<p>Breakfast Meal Includes fresh OR canned fruit OR Juice choice AND a carton of milk. Bagels include either Peanut Butter or Cream Cheese.</p> <p>*****</p> <p>We offer 4 components to a breakfast meal. It includes either 2 grains, a grain and a protein or 2 proteins, a fruit or vegetable and fluid milk. A student must take at least 3 but may take all 4. Ala carte prices will be charged when necessary components are not taken.</p> 	<p>8 <u>Dipper Day</u> Chicken Nuggets Mozzarella Sticks Breadstick Baby Carrots & Ranch Dip Fresh Grapes</p> <p>.....</p> <p>Cereal Choice Whole Wheat Toast Margarine</p>	<p>9 Mexican Goulash Green Beans Corn Bread Diced Pears</p> <p>.....</p> <p>Waffles Syrup or Applesauce</p>	<p>10 Ham Steak Rice Pilaf Carrot Coins Dinner Roll Fresh Apple Raspberry Jell-O</p> <p>.....</p> <p>Breakfast Pizza</p>	<p>11 Hot Turkey Sandwich Golden Corn Mandarin Oranges</p> <p>.....</p> <p>Egg, Ham & Cheese on an English Muffin</p> 	<p>12 No School</p> <p>Superintendent's Conference Day</p> <p>.....</p>	<p>We offer 5 components to a lunch meal. They include protein, grain, fruit, vegetable & fluid milk. A student must take at least 3 of the items, but may take all 5. A la carte pricing must be charged when a student does not take all of the necessary components.</p> 
<p>Breakfast Daily Choices: In addition to the main choice, we offer an assortment of cereal, with whole wheat toast & margarine. Also available is a bagel with cream cheese or peanut butter, yogurt and bottled water.</p> <p>Lunch Daily Choices: Main entrée, Fresh Express Deli Bar, Cook's Choice, and Chef & Garden Salads. We also offer a soup of the day with crackers. Assortment of Fresh or Canned Fruit, Sliced Bread & Variety Milk We have variety milk to include white skim, 1% white, and 1/2% chocolate</p>						

All choices include the vegetable & fruit choice for the day as well as milk.

When offered, dessert is also included.

The Fresh Express Deli Bar offers a variety of choices such as, Ham, Turkey, Salami, Bologna, American Cheese, Egg Salad, Tuna Salad, Lettuce, Tomato, Onion, and Cucumbers on your choice of a hamburger bun, whole wheat bread or a wrap. All sandwiches come with a dill pickle spear.