



May 2012

Tuckahoe High and middle school

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info...</p> <p>Student breakfast \$1.25 Student lunch \$ 2.50 Adult lunch \$3.25 Chips 1.25 Pretzel 1.25 .Lunch consists of: Choice of Entrée, Bread, Vegetables, Fruit and Milk. Students must choose 3 items or will pay ala carte price Breakfast is available every morning Frozen yogurt available everyday with topping Fresh smoothies are back available for breakfast and lunch</p>
<p>Erick Rosado Food Service Director at Tuckahoe High and middle School (914) 337 5376 ext 1232</p>	<p>1 Tenderloin of chicken served on a whole wheat bun with fries and mix vegetables</p>	<p>2 Baked Manicotti served with marinara sauce or chicken Alfredo with sautéed spinach</p>	<p>3 Chicken parmesan Whole Wheat pasta Green beans Diced Peaches</p>	<p>4 School closed Superintendent meeting</p>	
<p>7 Philly cheese steak Potato stars Onion and pepper Dice pears</p>	<p>8 Whole wheat spaghetti with meatballs Garlic bread Apple sauce</p>	<p>9 Chicken chow -Mein with vegetable fried rice and Chinese vegetable Choice of fresh fruit</p>	<p>10 Popcorn chicken Mashed potato Sweet corn Choice of fresh fruit</p>	<p>11 Meat lover pizza and margarita pizza Big garden salad</p>	
<p>14 Chicken and broccoli with garlic sauce Chinese vegetables and vegetable fried rice</p>	<p>15 Twin beef taco Lettuce, tomato & salsa, cheese sauce and Pico de Gallo Choice of fresh fruit</p>	<p>16 Baked lasagna with beer or chicken with tomato sauce and garlic bread Dice peaches Green beans</p>	<p>17 Chicken patty Whole wheat bun Potato stars Sweet corn Dice pears</p>	<p>18 Assorted pizza Pepperoni, cheese or spicy chicken Garden salad Mix fruit</p>	
<p>21 Chicken and beef burritos Refried beans Fresh salsa Pico de gallo</p>	<p>22 Baked fish stick with brown rice and corn Fresh or cup of fruit</p>	<p>23 Meat loaf with mashed potato and mixed vegetables Fresh or cup of fruit</p>	<p>24 <i>Nachos-Tortilla Chips with Beef Taco Filling served with Lettuce, Cheese and Tomato Salsa.</i></p>	<p>25 Assorted pizza with pepperoni, sausage and strip of beef served with a tossed salad or baby carrots</p>	
<p>28 School close Memorial Day</p>	<p>29 Cheese quesadilla Brown rice Lettuce and tomato Salsa, cheese sauce Carrot sticks</p>	<p>30 Meatball sub Tomato sauce Green beans Diced peaches</p>	<p>31 Chicken Caesar wrap Romaine, crouton, Caesar dressing and parmesan cheese Fresh pears</p>		

TUCKAHOE HIGH AND MIDDLE SCHOOL



SPECIAL NEWS

WE OFFER DAILY FRUIT CUP, FRESH FRUIT AND MILK

Menus are subject to change without notice.

