

JANUARY 2023

Telluride Middle High School

- Nurses have food allergens list per meal
- Gluten free options available daily
- Vegetarian options available daily
- Milk offered daily

Monday
Tuesday
Wednesday
Thursday
Friday
WINTER BREAK
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MAC N' CHEESE

MIXED VEGGIES
CUCUMBERS
APPLES, ROLL
MILK
(Contains Gluten & Dairy)

PORK STIR FRY

EGGROLLS, RICE
SNAP PEAS, CARROTS
GRAPES
MILK
(Contains Gluten & Dairy)

BEEF & BEAN BURRITO

BROCCOLI-CHERRY TOMATO
BLACK BEANS
PEACHES
MILK
(Contains Gluten & Dairy)

CHEESE PIZZA

CRISP SALAD
CANTELOUPE
MILK
(Contains Gluten & Dairy)

TURKEY TETRAZZINI

BREADSTICK
PEAS
ORANGES
MILK
(Contains Gluten & Dairy)

MLK HOLIDAY
NO SCHOOL
BBQ PULLED PORK

CREAMY COLESLAW
POTATO WEDGES
GRAPES, ROLL
MILK
(Contains Gluten)

SALISBURY STEAK

MASHED POTATO
GREEN BEANS, WATERMELON
DINNER ROLL
MILK
(Contains Gluten & Dairy)

NACHOS W/CHEESE SAUCE

RED VEGGIE CUP
BLACK BEANS
CANTALOUPE
MILK
(Contains Gluten & Dairy)

HONEY LIME CHICKEN

BROCCOLI, RICE
PEAS
APPLE
MILK

LASAGNA

CRISP SALAD
BREADSTICK
CANTALOUPE
MILK
(CONTAINS GLUTEN & DAIRY)

PORK TACOS

SPANISH RICE
STEAMED CAULIFLOWER
REFRIED BEANS, ORANGES
MILK
(CONTAINS GLUTEN & DAIRY SIDES)

OVEN FRIED CHICKEN

RICE, CORN
GRAPES
DINNER ROLL
MILK
(CONTAINS GLUTEN)

GRILLED CHEESE

TOMATO SOUP
STEAMED BROCCOLI
WATERMELON
MILK
(Contains Gluten & Dairy)

HAMBURGER

SWEET POTATO FRIES
BAKED BEANS
HONEYDEW MELON
MILK
(Contains Gluten)

CHICKEN PARMESAN

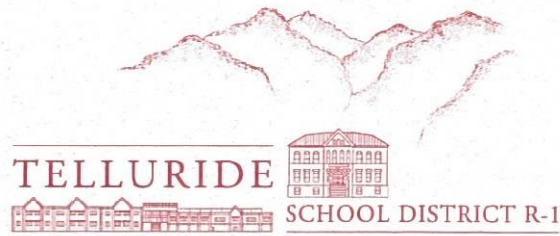
NOODLES
PEAS, PEARS
BREADSTICK
MILK
(Contains Gluten & Dairy)

PANCAKES

SAUSAGE LINKS
HASHBROWN PATTY
CRISP SALAD, CANTELOUPE
MILK
(Contains Gluten)

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TELLURIDE ELEMENTARY & TELLURIDE INTERMEDIATE WEEKLY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAGELS APPLE CHERRY JUICE APPLESAUCE MILK	MUFFINS OATMEAL BANANA MILK	GRANOLA YOGURT APPLES MILK	EGG & CHEESE BISCUIT ORANGES MILK	CINNAMON BREAKFAST BAR GRAPES MILK

TELLURIDE MIDDLE HIGH WEEKLY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST BURRITO CEREAL, YOGURT FRUIT MILK	OATMEAL CEREAL, YOGURT FRUIT MILK	BREAKFAST SANDWICH CEREAL, YOGURT FRUIT MILK	CINNAMON ROLL CEREAL, YOGURT FRUIT MILK	MINI PANCAKES OR WAFFLES CEREAL, YOGURT FRUIT MILK

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