

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



Monday

BEEF & BEAN BURRITO
 BROCCOLI-CHERRY TOMATO
 BLACK BEANS
 ORANGES
 MILK
 (Contains Gluten & Dairy)

OVEN FRIED CHICKEN 5
 SEASONAL VEGGIES
 RICE, DINNER ROLL
 HONEYDEW MELON
 MILK
 (Contains Gluten)

PULLED PORK SANDWICH 2
 SWEET POTATO TOTS
 PEAS
 CANTELOUPE
 MILK
 (Contains Gluten)

CHICKEN BREAST STRIPS 9
 MIXED VEGGIES
 DINNER ROLL
 ORANGES
 MILK
 (Contains Gluten)

WINTER BREAK 26

Tuesday

CHEESE RAVIOLI
 BREADSTICK
 ZUCCHINI, SQUASH
 CANTALOUPE
 MILK
 (Contains Gluten & Dairy)

GRILLED CHEESE 6
 TOMATO SOUP
 STEAMED BROCCOLI
 WATERMELON
 MILK
 (Contains Gluten & Dairy)

CHICKEN POT PIE 13
 BROCCOLI, CARROTS
 ORANGES
 DINNER ROLL
 MILK
 (Contains Gluten & Dairy)

PANCAKES 20
 SAUSAGE LINKS
 HASHBROWN PATTY
 CRISP SALAD, PEACHES
 MILK
 (Contains Gluten)

WINTER BREAK 27

Wednesday

PORK CARNITAS
 REFRIED BEANS
 SPANISH RICE
 CORN, APPLESAUCE
 MILK
 (Contains Gluten)

HAMBURGER 7
 SWEET POTATO FRIES
 BAKED BEANS
 HONEYDEW MELON
 MILK
 (Contains Gluten)

CORN DOG 14
 GREEN BEANS
 BAKED BEANS
 GRAPES
 MILK
 (Contains Gluten & Dairy)

CRUNCHY TACO 21
 BLACK BEANS
 CORN
 FRUIT
 MILK
 (Contains Gluten & Dairy Sides)

WINTER BREAK 28

Thursday

CHEESE PIZZA 1
 CRISP SALAD
 CANTELOUPE
 MILK
 (Contains Gluten & Dairy)

CHICKEN FAJITAS 8
 REFRIED BEANS
 MEXICALI CORN
 SPANISH RICE, APPLES
 MILK
 (Contains Gluten & Dairy Sides)

TACO SALAD 15
 BLACK BEANS
 RED VEGGIE CUP
 PEACHES
 MILK
 (Contains Dairy Sides)

****HALF DAY** 22**
BAG LUNCH
 DELI SANDWICH
 CARROTS, APPLESAUCE
 MILK
 (Contains Gluten)

WINTER BREAK 29

Friday

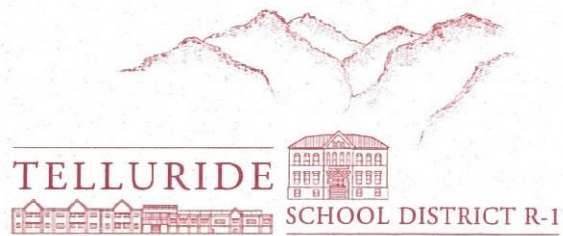
CHICKEN QUESADILLA 2
 BROCCOLI SALAD
 CORN
 APPLES
 MILK
 (Contains Gluten & Dairy)

CHILI CON CARNE W/BEANS
 SNAP PEAS
 ORANGES
 CORNBREAD
 MILK
 (Contains Gluten & Dairy Sides)

CHICKEN ALFREDO PENNE 16
 SEASONAL VEGGIES
 APPLES
 BREADSTICK
 MILK
 (Contains Gluten & Dairy)

WINTER BREAK 23

WINTER BREAK 30



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

PAY FOR BREAKFAST ONLINE: <https://family.titank12.com/>

APPLY FOR FREE AND REDUCED LUNCH: <https://family.titank12.com/>

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