

TMS EXPRESS MENU



Sandwich Station

Served on Whole Grain Buns

Breaded Chicken

Spicy Chicken

Grilled Chicken

Cheeseburgers

Hamburgers

Soft Pretzels w/ cheese sauce

Nacho Chips w/ cheese sauce

Fresh Crispy French Fries
include fruits, veggies* and milk

Fresh Options Cooler

Fresh Veggie Cup

Fruit Cup *(12-28)

Premade Assorted Salads*

Jammer Slammer*

w/ Cheese Stick and goldfish crackers

Yogo W/ cheese stick and gold fish crackers

Cheese crackers and grapes*

Yogurt and Jammer meal include fruits and
veggies* and milk



Hot and Cold Salad Bar

Fresh and crisp salad spring and romaine
blends,
top with a variety of fresh vegetables including
shredded carrots, diced cucumbers, radishes, celery

diced tomatoes and many others

Fresh seasonal fruits available

Many hot vegetables offered everyday

Fresh Sandwich topping bar:

Sliced tomatoes, lettuce, onions and pickles



Pizza Wheel

Vegetable Pizza

Cheese Pizza

Pepperoni Pizza



What makes a lunch:

All entrée choices include 1/2 cup fruit and 1/2 cup vegetable choice, offered in 1/2 cup servings,

Milk is also included.

Entrées often contain 2 items, protein and grain

Only 3 items need to be selected to get the value lunch price.

TAKE ALL 5 FOR THE BEST DEAL IN TOWN!

Hot Breakfast:

Mon: French Toast Sticks

Tues: Pancake on a Stick

Wed: Breakfast Pizza

Thurs: Apple or Cherry

Frudel

Fri: Sausage egg and
cheese Bagel



Sara Chandley: Cafeteria manager

513-273-3385

Lunch Prices: \$3.05

Entrée price: \$2.25

Sides \$.50

Deal of day is lunch with
up to 5 items including milk

Check out our new interactive
web site for detailed nutrition up-
dates.

ALLERGENS LISTED



Beverage Bank

Milk 1% white and chocolate

Fat Free Strawberry Milk

Water

Flavored Water

Assorted 100% Juice Drinks