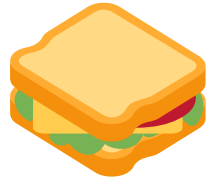


TMS EXPRESS MENU



Sandwich Station

Served on Whole Grain Buns



Breaded Chicken
Spicy Chicken
Cheeseburgers
Hamburgers

Soft Pretzel w/ Cheese Sauce
Nacho Chips w/ Cheese Sauce

Fresh Crispy French Fries
Includes Fresh Fruit, Veggies & Milk

Fresh Options



Fresh Veggie Cup
Fresh Fruit Cup

Pre-made Assorted Salads
Jammer Slammer w/ Cheese Stick
and Goldfish Crackers
Cheese Crackers and Grapes
Jammer Slammer Meal Includes
Fruits, Veggies & Milk

Hot/Cold Salad Bar

Fresh Salad- Spring & Romaine
Blends Topped w/ a Variety of Fresh
Veggies

Fresh Seasonal Fruits Available
Hot Vegetables Offered Daily

Fresh Sandwich Topping Bar:
Sliced Tomatoes, Lettuce, Onions
and Pickles

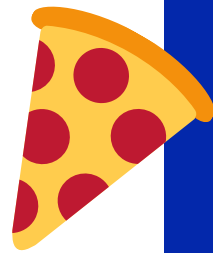


Pizza Wheel

Cheese Pizza

Pepperoni Pizza

Vegetable Pizza



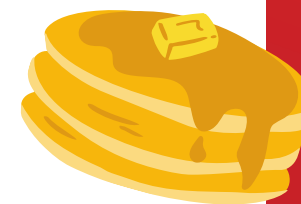
Breakfast

Hot Breakfast Item Offered Daily

Assorted Cereal- Cheerios, Cocoa Puffs,
Lucky Charms, Etc.

Assorted Muffins- Banana,
Chocolate Chip, Blueberry
Breakfast Bars

Yogurt or Cheese Stick



Breakfast is Served in the AM Before Classes Begin

Beverages

Milk: 1% White & Chocolate
Assorted 100% Juice Drinks

Gatorade
Water



What Makes a Breakfast/Lunch?

5 Components are Offered for Breakfast & Lunch

Lunch: Fruit, Veggie, Grain, Protein, Milk

Breakfast: 2 Fruits, Milk, 2 Grains (or 1 Grain & 1 Protein)

Select 3-5 Components: For Lunch, One Component

MUST Be a Fruit or Veggie

Additional Information

**Please See Attachment or Interactive Website for
Nutritionals- Allergens Listed**

- Breakfast Price: \$1.00

- Lunch Price: \$3.05

Cafeteria Manager: Sara Chandley (513)-273-3385

Food Service Director: Mary Lynne Bierman (513)-936-7816

This Institution is an Equal Opportunity Employer