

Charter School Breakfast Menu



Breakfast Cycle Menu (January 2016)

January-May 2016

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-4/1-8	LF Yogurt (½ c) WG Banana Muffin 2 oz WG Cocoa Puffs Orange 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (½ c) WG Cinnamon Tst Crunch WG Apple Strudel Apple 1 c (cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (½ c) Honey Nut Chex(½ c) Banana(1c) 100% Fruit Juice Salsa Picante (2 pk) FF Choc/1% Milk	LF Yogurt(1/2 c) WG Cocoa Puffs Cornbread Muffin Pear 1c (cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (½ c) WG Blueberry Muffin WG Cheerios Apple 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk
1-11/1-15	LF Yogurt (½ c) WG Cinnamon Tst Crunch WG Chocolate Muffin Pear 1c (Cut in ½) 100 % Fruit Juice (1/2 c) FF Choc/1% Milk	Bean & Cheese Burrito(1) LF Yogurt (½ c) WG Blueberry Loaf Apple 1c (Cut in ½) 100% Fruit Juice (1/2 c) FF Choc/1% Milk	LF Yogurt (½ c) WG Cheerios WG Banana Muffin Orange 1 c (Cut in ½) 100% Fruit Juice (1/2 c) FF Choc/1% Milk	Berry French Tst SF Syrup LF Yogurt (½ c) WG Cereal Apple 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	Sausage & Egg Burrito (1) LF Yogurt (½ c) WG Cinnamon Tst Crunch Cornbread Muffin Banana 1c 100 % Fruit Juice (1/2 c) FF Choc/1% Milk
1-18/1-22	LF Yogurt (1/2 c) WG Cheerios WG Blueberry Muffin Banana 1c 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (1/2c) WG Cinnamon Tst Crunch WG Banana Muffin Apple 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	Bean & Cheese Burrito (1) LF Yogurt (½ c) WG Apple Cinn Muffin Orange 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (1/2c) WG Cheerios WG Choc Muffin Pear 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (1/2c) WG Muffin WG Cereal Banana 1c 100% Fruit Juice FF Choc/1% Milk
1-25/1-29	LF Yogurt (1/2c) WG Cocoa Puffs Corn Muffin Apple 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	Egg & Cheese Burrito (1) LF Yogurt (½ c) WG Cheerios WG Blueberry Muffin Orange 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (1/2 c) WG Muffin WG Cereal Banana 1c 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (½ c) WG Cinnamon Tst Crunch WG Banana Muffin Apple 1c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk	LF Yogurt (½ c) WG Cheerios WG Choc Muffin Pear 1 c (Cut in ½) 100% Fruit Juice FF Choc/1% Milk

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

Non Discrimination Statement

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Charter School Lunch Menu



Lunch Cycle Menu (January 2016)

January – May 2016

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-4/1-8	Spaghetti w/ Meat Sauce Steamed Broccoli (1 c) WG Cheesy Breadstick Orange (1c) FF Choc/1% Milk	Chicken Sandwich/ WG Bun Oven Baked Fries(½ c) Mixed Vegetables(1 c) Lettuce & Tomato slices(¼ c) Peaches(1 c) FF Choc/1% Milk	Ground Beef Tacos (2) Lettuce & Tomatoes(¼ C) LF Shredded Cheddar Cheese(½ c) Pinto Beans (½ c) Spanish Brown Rice (½ c) Apple (1 c) FF Choc/1% Milk	Chicken Pasta Primavera w/ broccoli, corn and cauliflower (1 ½ c) Spring Mix Salad (1 c) FF dressing (1 oz) WG Breadstick (1) Pears(1 c) FF Choc/1% Milk	Red Enchiladas (Cheese 2 oz) WG Corn Tortillas (3 ea) Spring Mix Salad (1 c) Pinto Beans (½ c) Ranch Dressing (1 oz) Mango (1 c) FF Choc/1% Milk
1-11/1-15	Cheeseburger/ WG Bun Oven baked fries(1/2 c) Lettuce & Tomato slices(1/4 c) Spring Mix Salad (1 c) Peaches (1 c) Ranch Dressing (1 oz) FF Choc/1% Milk	Refried Bean Tostadas Beans(1 c) Cheese (2 oz) Corn Tostadas (2 oz) Chopped Romaine & Tomato (1 c) Salsa Picante (2 pk) Fideos (1 c) Pear (1c) FF Choc/1% Milk	Green Chile Mac & Cheese Ground Beef (3 oz) WG Pasta (1 c) Cheddar Cheese (2 oz) Romaine Salad (1 c) Baby Carrots(1/2 c) Orange (1c) FF Choc/1% Milk	Sloppy Joes/ WG Bun Mac & Cheese (½ c) Spring Mix Salad (1 c) Green Beans (½ c) Ranch Dressing (1 pk) Banana (1c) FF Choc/1% Milk	Turkey & Cheese Sandwich/ WG Bread(3 oz) (Cheese 1 oz), Lettuce & Tomato (¾ c) Potato Salad (½ c) Baked Beans (¾ c) Apple (1 c) FF Choc/1% Milk
1-18/1-22	Breaded Chicken Sandwich/ WG Bun (3oz) Lettuce & Tomato slices(¼ c) Carrot & Raisin Salad (1 c) Green Beans (½ c) Orange (1 c) FF Choc/1% Milk	Salisbury Steak w/ gravy Rice Pilaf (½ c) Seasoned Corn(1 c) Romaine Salad/ Tomatoes (1 c) Ranch Dressing (1pk) Pineapple Chunks (1 c) FF Choc/1% Milk	BBQ Chicken Strips Mashed Potatoes (½ c) Baked Beans (1 c) Spring Mix Salad/ Tomatoes (1 c) FF Dressing (1) Banana (1c) FF Choc/1% Milk	Red Chile Pork Stew w/ potatoes(1 c) WG Flour tortillas (1) Romaine Salad w/ tomato(1 c) Mangoes (1 c) FF Choc/1% Milk	Chicken Pot Pie Mixed Vegetables (1 c) Chicken Breast (3 oz) Romaine Salad/Tomatoes (1c) WG Biscuit, FF Dressing Apple (1 c) FF Choc/1% Milk
1-25/1-29	Pulled Pork Sandwich on WG Bun(3oz) Lettuce & Tomato (1/4 c) Coleslaw(¾ c) Banana (1 c) FF Choc/1% Milk	Chili Cheese Dogs / WG Buns Baked Tater Tots (½ c) Broccoli & Carrots (1 c) Pear (1 c) FF Choc/1% Milk	Green Chile con Carne Romaine Lettuce Salad (1 c) Seasoned Corn (½c) Ranch Dressing (1 pk) Mandarin Oranges (1c) FF Choc/1% Milk	Red Enchiladas (w/ gr. Beef) Spanish Rice (½ c) Pinto Beans (½ c) Romaine Salad/ Tomatoes(1 c) Mangoes (1 c) FF Choc/1% Milk	Cheese Pizza Romaine Salad w/ tomato & cucumber (1 c) FF Dressing (1pkt) Mixed Vegetables (1 c) Peaches (1 c) FF Choc/1% Milk

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