

# Charter School Breakfast Menu



## Breakfast Cycle Menu (Apr-May 2018)\*\*\* (January-June 2018)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/09-04/13	<b>Sausage Pancake (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Banana (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>PB &amp; J Sandwich (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Oranges (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Waffles (2) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Pear (1) (Cut in ½) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Bacon &amp; Egg Biscuit (1) or LF Yogurt ( ½ c)</b> <b>WG Cereal (1)</b> Apple (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Pancakes (2) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Pear ( ½ c) 100% Fruit Juice ( ½ c) FF Choc/1% Milk
04/16-04/20	<b>Strawberry Pop Tart (1) or LF Yogurt ( ½ c)</b> <b>WG Cereal (1)</b> Apple 1c (Cut in ½) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Sausage &amp; Egg Burrito (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Orange (1 c) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Banana Muffin(1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> 100% Fruit Juice ( ½ c) Pear (1 c) FF Choc/1% Milk	<b>WG Waffles (2) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Banana (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>PB &amp; J Sandwich(1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Apple (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk
04/23-04/27	<b>LF Yogurt ( ½ c)</b> <b>WG Cereal (1) or Pop Tart (1)</b> Banana (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Sausage &amp; Egg Biscuit (1) or LF Yogurt ( ½ c)</b> <b>WG Cereal (1)</b> Orange (1) 100% Fruit Juice ( ½ c) FF Choc/1% milk	<b>LF Yogurt ( ½ c)</b> <b>WG Cereal (1) or WG Muffin (1)</b> Banana (1) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>Bean &amp; Cheese Burrito (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Pear (1) (Cut in ½) 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>LF Yogurt ( ½ c)</b> <b>WG Cereal (1) or WG Muffin (1)</b> Apple 1c (Cut in ½) 100% Fruit Juice ( ½ c) FF Choc/1% Milk
04/30-05/04	<b>PB &amp; J Sandwich (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> 100% Fruit Juice ( ½ c) Pear (1 c) FF Choc/1% Milk	<b>Cheese Omelet &amp; Tots w/ tortilla or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> 100% Fruit Juice ( ½ c) Apple (1) FF Choc/1% milk	<b>LF Yogurt ( ½ c)</b> <b>WG Cereal (1) or WG Muffin (1)</b> 100% Fruit Juice ( ½ c) Orange (1) FF Choc/1% Milk	<b>Sausage &amp; Egg Burrito(1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Banana 1c 100% Fruit Juice ( ½ c) FF Choc/1% Milk	<b>WG Pop Tart (1) or WG Cereal (1)</b> <b>LF Yogurt ( ½ c)</b> Pear ( ½ c) 100% Fruit Juice ( ½ c) FF Choc/1% Milk

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

### Non Discrimination Statement

The US Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department.

# Charter School Lunch Menu



## Lunch Cycle Menu (Apr-May 2018\*\*\*)

January - June 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/09-04/13	<b>Bean &amp; Cheese Tostadas (2)</b> Spanish rice ( ½ c ) Chopped Romaine & Tomato (1c) Shredded Cheddar Cheese ( ¼ c ) Grapes ( 1 c ) FF Choc/1% Milk	<b>Chili Dog / WG Bun ( 1 )</b> Baked fries( ½ c ) Rainbow slaw ( 1 c ) Apple ( 1 ) FF Choc/1% milk	<b>Pepperoni Pizza ( 1 )</b> Spring Mix Salad w/ cucumber and carrots ( 1 c ) Oranges ( 1 ) FF Choc/ 1% Milk	<b>Chicken Fried Steak ( 1 )</b> Mashed Potato w/ gravy ( ½ c ) Green Beans ( ½ c ) WG Roll ( 1 ) Pears ( 1 ) FF Choc/1% milk	<b>Fish Sandwich Tater Tots ( ½ c )</b> Romaine salad w/tomato, cucumber & carrots ( 1 c ) Banana ( 1 ) FF Choc/1% milk
04/16-04/20	<b>Chicken Sandwich/ WG Bun ( 1 )</b> Baked Fries ( ½ c ) Lettuce & Tomato slices( ½ c ) Bananas ( 1 c ) FF Choc/1% Milk	<b>Ground Beef Tacos ( 2 )</b> Pinto beans ( ½ c ) Chopped Salad w/ tomato(1 c ) Pears ( 1 ) FF Choc/1% milk	<b>Chicken Teriyaki ( 3 oz )</b> Steamed Rice ( ½ c ) Mixed vegetables ( ½ c ) Spring Roll ( 1 ) Oranges ( 1 ) FF Choc/1% milk	<b>Meatloaf w/ gravy</b> Mashed Potato ( ½ c ) Steamed Broccoli ( ½ c ) WG Roll ( 1 ) Apple ( 1 ) FF Choc/ 1% milk	<b>Turkey &amp; Cheese Sandwich</b> Lettuce & Tomato ( ½ c ) Chicken Noodle Soup ( 1 c ) Oranges (1) FF Choc/1% Milk
04/23-04/27	<b>Chicken Nuggets (5)</b> Mac & Cheese ( ½ c ) Green Beans ( ½ c ) Oranges ( 1 ) FF Choc/ 1% Milk	<b>Green Chile Cheese Enchiladas</b> Spanish Rice ( ½ c ) Romaine Lettuce Salad ( 1 c ) Apples (1) FF Choc/1% Milk	<b>Hamburger/ WG Bun ( 1 )</b> Lettuce & tomato slices ( ½ c ) Baked fries ( ½ c ) Coleslaw ( ½ c ) Pears (1) FF Choc/1% Milk	<b>Ham &amp; Cheese Sandwich(1)</b> Baked Chips ( 1 ) Lettuce & Tomato ( ½ c ) Cucumber salad ( ¾ c ) Banana ( 1 ) FF Choc/1% milk	<b>Salisbury Steak w/ gravy (1)</b> Mashed Potatoes ( ½ c ) Steamed Corn ( ½ c ) WG Roll ( 1 ) Peaches ( ½ c ) FF Choc/1% milk
04/30-05/04	<b>Spaghetti w/ Meat Sauce ( 1c )</b> Spring Mix Salad ( 1 c ) WG Dinner Roll ( 1 ) Peaches ( 1 c ) FF Choc/ 1% Milk	<b>Chicken Soft Tacos ( 2 )</b> Chopped Salad w/ tomato ( ½ c ) LF Cheddar Cheese( ¼c ) Pinto Beans ( ½ c ) Oranges ( 1 ) FF Choc/1% Milk	<b>Grilled Cheese Sandwich ( 1 )</b> Baked Fries ( ½ c ) Cole slaw ( ½ c ) Mango Chunks ( ½ c ) FF Choc/1% Milk	<b>Red Chile Cheese Enchiladas</b> Pinto Beans ( ½ c ) Mixed Salad ( 1 c ) Apples ( 1 ) FF Choc/ 1% Milk	<b>Baked Mac &amp; Cheese ( 1 c )</b> Broccoli & Carrots ( ½ c ) Romaine salad ( 1 c ) WG Roll ( 1 ) Pears ( 1 ) FF Choc/1% Milk

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\*\*\*MENU SUBJECT TO CHANGE\*\*\*