

Charter School Breakfast Menu



Breakfast Cycle Menu (Mar-Apr 2018)*** (January-June 2018)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/12-03/16	<p>WG Pop Tart (1) or WG Cereal (1) LF Yogurt (½ c) Banana (1) 100% Fruit Juice (½ c) FF Choc/ 1% Milk</p>	<p>Bean & Cheese Burrito (1) or WG Cereal (1) LF Yogurt (½ c) Oranges (1) 100% Fruit Juice (½ c) FF Choc/ 1% Milk</p>	<p>PB & J Sandwich (1) or WG Cereal (1) LF Yogurt (½ c) Pear (1) (Cut in ½) 100% Fruit Juice (½ c) FF Choc/1% Milk</p>	<p>Sausage Pancake on stick (1) or LF Yogurt (½ c) WG Cereal (1) Apple (1) 100% Fruit Juice (½ c) FF Choc/1% Milk</p>	<p>Banana Muffin (1) or WG Cereal (1) LF Yogurt (½ c) Pear (½ c) 100% Fruit Juice (½ c) FF Choc/ 1% Milk</p>
03/19-03/23	<p>LF Yogurt (½ c) WG Muffin (1) or WG Cereal (1) Apple 1c (Cut in ½) 100% Fruit Juice (½ c) FF Choc/1% Milk LADH, NA, LM (Spring Break)</p>	<p>WG Pop Tart (1) or WG Cereal (1) LF Yogurt (½ c) Orange (1c) 100% Fruit Juice (½ c) FF Choc/1% Milk LADH, NA, LM (Spring Break)</p>	<p>Sausage & Egg Burrito(1) or WG Cereal (1) LF Yogurt (½ c) 100% Fruit Juice (½ c) Pear (1c) FF Choc/ 1% Milk LADH, NA, LM (Spring Break)</p>	<p>WG Waffles (2) or WG Cereal (1) LF Yogurt (½ c) Apple (1) (Cut in ½) 100% Fruit Juice (½ c) FF Choc/1% Milk LADH ,NA, LM (Spring Break)</p>	<p>PB & J Sandwich(1) or WG Cereal (1) LF Yogurt (½ c) Banana 1c 100% Fruit Juice (½ c) FF Choc/1% Milk LADH Spring Break</p>
03/26-03/30	<p>LF Yogurt (½ c) WG Cereal (1) or Pop Tart (1) Banana (1) 100% Fruit Juice (½ c) FF Choc/1% Milk Anthony Spring Break</p>	<p>Sausage & Egg Biscuit (1) or LF Yogurt (½ c) WG Cereal (1) Orange (1) 100% Fruit Juice (½ c) FF Choc/1% milk Anthony Spring Break</p>	<p>LF Yogurt (½ c) WG Cereal (1) or WG Muffin (1) Banana (1) 100% Fruit Juice (½ c) FF Choc/1% Milk Anthony Spring Break</p>	<p>Bean & Cheese Burrito (1) or WG Cereal (1) LF Yogurt (½ c) Pear (1) (Cut in ½) 100% Fruit Juice (½ c) FF Choc/1% Milk Anthony Spring Break</p>	<p>School Holiday No Classes</p>
04/02-04/06	<p>School Holiday No Classes</p>	<p>PB & J Sandwich (1) or WG Cereal (1) LF Yogurt (½ c) 100% Fruit Juice (½ c) Pear (1c) FF Choc/ 1% Milk</p>	<p>Sausage & Egg Burrito(1) or WG Cereal (1) LF Yogurt (½ c) Banana 1c 100% Fruit Juice (½ c) FF Choc/1% Milk</p>	<p>LF Yogurt (½ c) WG Cereal (1) or WG Muffin (1) Apple 1c (Cut in ½) 100% Fruit Juice (½ c) FF Choc/1% Milk</p>	<p>WG Pop Tart (1) or WG Cereal (1) LF Yogurt (½ c) Pear (½ c) 100% Fruit Juice (½ c) FF Choc/1% Milk</p>

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 (Mar-April 2018***)

January -June 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03/12-03/16	Chicken Nuggets (5) Mac & Cheese (½ c) Green Beans (½ c) Oranges (1) FF Choc/ 1% Milk	Chili Dog / WG Bun (1) Baked fries(½ c) Rainbow slaw (1 c) Apple (1) FF Choc/ 1% milk	Bean & Cheese Tostadas (2) Spanish rice (½ c) Chopped Romaine & Tomato (1c) Shredded Cheddar Cheese (¼ c) Grapes (1 c) FF Choc/1% Milk	Chicken Fried Steak (1) Mashed Potato w/ gravy (½ c) Carrots (½ c) WG Roll (1) Pears (1) FF Choc/1% milk	Fish Sandwich Tater Tots (½ c) Romaine salad w/tomato, cucumber & carrots (1 c) Banana (1) FF Choc/1% milk
03/19-03/23	Pepperoni Pizza (1) Spring Mix Salad w/ cucumber and carrots (1 c) Oranges (1) FF Choc/ 1% Milk LADH, NA, LM (Spring Break)	Chicken Sandwich/ WG Bun (1) Baked Fries (½ c) Lettuce & Tomato slices(½ c) Bananas (1 c) FF Choc/1% Milk LADH, NA, LM (Spring Break)	Meat Lasagna Romaine mixed salad (1 c) WG Breadstick (1) Apples (1) FF Choc/1% milk LADH,NA, LM (Spring Break)	Ground Beef Tacos (2) Pinto beans (1 c) Romaine Salad w/ tomato(1 c) Pears (1) FF Choc/1% milk LADH, NA, LM (Spring Break)	Fish Tacos (2) Lettuce & Tomatoes(½ C) LF Cheddar Cheese(¼c) Pinto Beans (½ c) Oranges (1) FF Choc/1% Milk LADH, NA, LM (Spring Break)
03/26-03/30	Red Chile Cheese Enchiladas Pinto Beans (½ c) Mixed Salad (1 c) Mango Chunks (½ c) FF Choc/ 1% Milk Anthony Spring Break	Chicken Teriyaki (3 oz) Steamed Rice (½ c) Mixed vegetables (½ c) Spring Roll (1) Apples (1) FF Choc/1% milk Anthony Spring Break	Hamburger/ WG Bun (1) Lettuce & tomato slices (½ c) Baked fries (½ c) Coleslaw (½ c) Pears (1) FF Choc/1% Milk Anthony Spring Break	Turkey & Cheese Sandwich (1) Lettuce & Tomato (½ c) Chicken Noodle Soup (1 c) Oranges (1) FF Choc/1% Milk Anthony Spring Break	<h3>School Holiday</h3> <h3>No Classes</h3>
04/02-04/06	<h3>School Holiday</h3> <h3>No Classes</h3>	Salisbury Steak w/ gravy (1) Mashed Potatoes (½ c) Green Beans (½ c) WG Roll (1) Oranges (1) FF Choc/1% milk	Green Chile Chicken Enchiladas Spanish Rice (½ c) Refried Beans (½ c) Romaine Lettuce Salad (1 c) Pears (1) FF Choc/1% Milk	Spaghetti w/ Meat Sauce (1c) Spring Mix Salad (1 c) WG Dinner Roll (1) Peaches (1 c) FF Choc/ 1% Milk	Ham & Cheese Sandwich(1) Baked Chips (1) Lettuce & Tomato (½ c) Cucumber salad (¾ c) Banana (1) 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.

MENU SUBJECT TO CHANGE