

# Charter School Lunch Menu



## Lunch Cycle Menu (Mar-April 2018\*\*\*)

## January -June 2018

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

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

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