

Charter School **September 2024** Grab "n" Go Breakfast Menu

Assorted milks (1% & low-fat options; Flavored or Unflavored) and 100% Fruit Juice offered with Breakfast daily.

Monday

Tuesday

Wednesday

Thursday

Friday

	3 Mini Pancakes WG Mini Pancake & Syrup Craisins	4 Cinnamon Tst Bar Whole Grain Cinn. Toast Crunch Cereal Bar 100% Fruit Juice Cup	5 Raisin Bread & Yogurt WG Raisin Bread Slice & Go-Gurt Yogurt Applesauce Cup	6 Coco Puff Cereal WG Coco Puff Cereal Bowl 100% Fruit Juice
9 Frosted Flake Cereal WG Corn Flake Cereal w/ Graham Crackers Craisin Pack	10 Bakery Bun WG Super Bakery Cinnamon Bun Fresh Fruit Selection	11 Corn Puffed Cereal WG Corn Puff Cereal Bowl Cheese Stick 100% Apple Juice Cup	12 Warmed Muffins Whole Grain Assorted Muffins Apple Sauce Cup	13 Raisin Bran Cereal WG Raisin Bran Cereal Bowl 100% Orange Pineapple Juice
16 Grain Bagel w/Jelly WG Assorted Bagels Seasonal Fresh Fruit	17 Coco Puff Cereal Bar WG Coco Cereal Bar Craisins	18 Classic Cheerios Whole Grain Cheerios Cereal Bowl 100% Fruit Juice Cup	19 Cinnamon Waffles WG Cinnamon Waffle Pack w/syrup Applesauce Cup	20 Rice Krispies WG Rice Krispie Cereal Bowl Cheese Stick 100% Fruit Juice
23 Corn Puff Cereal WG Corn Puff Cereal Bowl Craisin Pack	24 Assorted Muffins Whole Grain Mini Muffins Fresh Fruit Selection	25 Raisin Bran Cereal WG Raisin Bran Cereal Bowls Cheese Stick 100% Orange Pineapple Juice	26 Cinnamon Streusel WG Warmed Cinnamon Streusel Bar Apple Sauce Cup	27 Apple O's Cereal WG Apple Flavored Cereal Bowl 100% Apple Juice Cup
30 Cheerio Bowl & Cheese Stick WG Cheerios Cereal Bowl w/ Cheese Stick Fresh Banana				

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Charter School **September 2024** Lunch Menu

Assorted milks (1% & low-fat options) Flavored and Unflavored offered with Lunch daily.

Monday

Tuesday

Wednesday

Thursday

Friday

3 Zesty Nacho
Nacho Cheese Sauce & Corn Tortilla Chips on Iceberg Salad Mix

Kernel Corn
100% Fruit Juice

4 Turkey Hot Dogs
Turkey Hotdogs on a Whole Grain Bun

Smothered Green Beans
Crushed Pineapples
Baby Carrots

5 Sazon Chicken Drums
Seasoned Chicken Drums
Yellowed Brown Rice

100% Fruit Juice
Romaine Salad Mix w/Cherry Tomatoes

6 Warmed Turkey Sub
or
Cheese/Pepperoni Pizza

Side Salad w/dressing
Baby Carrots
Apple Sauce

9 Chicken Sandwich
Breaded Chicken Patty on WG Bun

100% Fruit Juice
Iceberg Salad Mix
Whole Grain Chips (hgh Sch)

10 Chicken Fajitas
Fajita Chicken w/ WG Tortilla Wraps

Seasonal Fresh Fruit
Yellowed Brown Rice
Three Bean Salad

11 Baked Ziti
Seasoned Beef & WG Pasta Casserole

Steamed Broccoli
100% Fruit Juice

12 Polynesian Style Beef Bites
Sweet BBQ Glazed Meatballs

Orange Wedges
Stir Fry Brown Rice w/Green Peas

13 Breaded Chicken Nuggets
WG Breaded Chicken Nuggets

Side Salad w/dressing
Candied Carrots
Diced Pears

16 Chicken Mac
Diced Chicken & Creamy Macaroni-Cheese WG Dinner Rolls

Green Beans
Seasonal Fresh Fruit

17 Beef Burrito
Seasoned Beef & Beans & WG Tortilla Wrap

100% Fruit Juice
Fiesta Corn

18 Char-Broiled Burgers
Oven Grilled Burgers on WG Buns

Romaine Salad Mix
Cherry Tomatoes
Pineapple Tidbits

19 Classic Carnival Corn Dogs
Turkey Corn Dogs w/WG Breading

Southern Baked Beans
100% Fruit Juice

20 Turkey Peperoni Cheese Sub
or
Cheese/Pepperoni Pizza

Romaine Side Salad
Baby Carrot Pack
Mandarin Oranges

23 Italian Meatball Sub
Italian Beef Meatballs on WG Hoagie

Three Bean Salad
Tropical Mixed Fruit

24 Mojo Chicken Fricassee
Saucy Mojo Chicken & Peppers on Brown Rice

100% Fruit Juice
Iceberg Salad Mix

25 Chicken Nuggets
WG Breaded Chicken Nugget & Roll

Orange Wedges
Sweet Potato Bites

26 Rigatoni Casserole
Seasoned Beef & WG Pasta Casserole

Romaine Side Salad
Whole Apples
Candied Carrots

27 Breakfast for Lunch
Pancake & Turkey Sausage Wrap w/syrup

Hash Browns or Tater Tots
100% Fruit Juice

30 BBQ Chicken Sandwich
BBQ Pulled Chicken on WG Bun

Romaine Side Salad
Whole Apples
Baked Beans

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Charter School **September 2024** Cold Meal & Afterschool Snack

Cold Meal Offered Daily | Snack Optional For Participating Sites

Monday

Tuesday

Wednesday

Thursday

Friday

Weekly Cold Salad Options (pre-order):

Fajita Chicken Salad

Chilled Fajita Chicken &
Romaine Salad Mix
w\Snack Crackers

Chicken Tender Salad

Crispy Chicken Tenders
Romaine Salad Mix
w\Snack Crackers

After School Snack Menu:

Graham Crackers
&
Cheese Sticks

Lemon Berry Bar
&
1/2pt Assorted Milks

Fresh Fruit
&
Yogurt Snack Pack

Graham Bears
&
100% 6oz Juice

WG Sun Chips
&
1/2pt Assorted Milks

Vegetarian Option Menu:

Cauliflower Casserole

Served with
Vegetable, Grain,
& Fruit of the day.

Tuscan Vegetable Wrap

Served with
Vegetable, Grain,
& Fruit of the day.

Ch'kn Nuggets

Served with
Vegetable, Grain,
& Fruit of the day.

Me'tless Bolognese & WG Pasta

Served with
Vegetable
& Fruit of the day.

Vegan Corndog

Served with
Vegetable
& Fruit of the day.

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This Menu is designed for k-8 & 9-12 grade students participating in a meal service program. Portion sizes are as listed: Entrees- 1 serving combined (1-2 components depending on whether or not the whole grain is combined or served separately. Separated grains are considered 1 component), Fruit or Juice ½ cup offering (up to ½ c k-8; 1 cup 9-12 equivalent) per guidelines (1 component), Assorted Vegetable offering up to ¾ c k-8; 1 cup 9-12 portions (1 component), Assorted Milk- 1 unitized 8oz or .5 pint serving (1 component). Offer vs Serve requires that Students "Must Take a Minimum of 3 offered Components", but are not required to take all/full components to be considered a reimbursable meal. Menu and ingredients are subject to availability, any and all changes will be communicated prior to service date and/or time. Vegetarian and "meatless" options will be available for participating students upon request. Special Diets, Dietary Restrictions, and Allergies must be given at least 72 hours in advance of service date to assure that alternate meals can be provided (if available), and accommodations can be made during preparation of meals. Assorted Milks will be offered during both Lunch and Breakfast sessions. Contact the below with Questions or concerns pertaining to the above specified menu and dates.