

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

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

Monday

9/30 **WG Cheerios Bowl**

WG Honey Cheerios
Mozzarella Cheese Stick

Fresh Fruit

Tuesday

1 **Mini Pancakes**

WG Mini
Pancake & Syrup

Craisins

Wednesday

2 **Cinnamon Tst Bar**

Whole Grain
Cinn. Toast Crunch
Cereal Bar

100% Fruit Juice Cup

Thursday

3 **Raisin Bread & Yogurt**

WG Raisin Bread Slice &
Go-Gurt Yogurt

Applesauce Cup

Friday

4 **Coco Puff Cereal**

WG Coco Puff Cereal
Bowl

100% Fruit Juice

7 **Frosted Flake Cereal**

WG Corn Flake Cereal
w/ Graham Crackers

Craisin Pack

8 **Bakery Bun**

WG Super Bakery
Cinnamon Bun

Fresh Fruit
Selection

9 **Corn Puffed Cereal**

WG Corn Puff
Cereal Bowl
Cheese Stick

100% Apple Juice Cup

10 **Warmed Muffins**

Whole Grain
Assorted Muffins

Apple Sauce Cup

11 **Raisin Bran Cereal**

WG Raisin
Bran Cereal Bowl

100% Orange Pineapple
Juice

14 **Grain Bagel w/Jelly**

WG Assorted
Bagels

Seasonal
Fresh Fruit

15 **Coco Puff Cereal Bar**

WG Coco
Cereal Bar

Craisins

16 **Classic Cheerios**

Whole Grain
Cheerios Cereal Bowl

100% Fruit Juice Cup

17 **Cinnamon Waffles**

WG Cinnamon Waffle
Pack w/syrup

Applesauce Cup

18 **Rice Krispies**

WG Rice Krispie
Cereal Bowl
Cheese Stick

100% Fruit Juice

21 **Corn Puff Cereal**

WG Corn Puff Cereal
Bowl

Craisin Pack

22 **Assorted Muffins**

Whole Grain
Mini Muffins

Fresh Fruit
Selection

23 **Raisin Bran Cereal**

WG Raisin Bran
Cereal Bowls
Cheese Stick

100% Orange Pineapple
Juice

24 **Cinnamon Streusel**

WG Warmed Cinnamon
Streusel Bar

Apple Sauce Cup

25 **Apple O's Cereal**

WG Apple Flavored
Cereal Bowl

100% Apple Juice Cup

28 **WG Cheerios Bowl**

WG Honey Cheerios
Mozzarella Cheese Stick

Fresh Fruit

29 **Mini Pancakes**

WG Mini
Pancake & Syrup

Craisins

30 **Cinnamon Tst Bar**

Whole Grain
Cinn. Toast Crunch
Cereal Bar

100% Fruit Juice Cup

31 **Raisin Bread & Yogurt**

WG Raisin Bread Slice &
Go-Gurt Yogurt

Applesauce Cup

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Charter School **October 2024** Lunch Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday

9/30

BBQ Chicken Sandwich

BBQ Pulled Chicken on WG Bun
Romaine Side Salad
Whole Apples
Baked Beans

1

Zesty Nacho

Nacho Cheese Sauce & Corn Tortilla Chips on Iceberg Salad Mix

Kernel Corn
100% Fruit Juice

2

Turkey Hot Dogs

Turkey Hotdogs on a Whole Grain Bun

Smothered Green Beans
Crushed Pineapples
Baby Carrots

3

Sazon Chicken Drums

Seasoned Chicken Drums
Yellowed Brown Rice

100% Fruit Juice
Romaine Salad Mix w/Cherry Tomatoes

4

Beef Ravioli w/Breadstick

or
Cheese/Pepperoni Pizza

Side Salad w/dressing
Baby Carrots
Apple Sauce

7

Chicken Sandwich

Breaded Chicken Patty on WG Bun

100% Fruit Juice
Iceberg Salad Mix

Whole Grain Chips (hgh Sch)

8

Chicken Fajitas

Fajita Chicken w/ WG Tortilla Wraps

Seasonal Fresh Fruit
Yellowed Brown Rice
Three Bean Salad

9

Baked Ziti

Seasoned Beef & WG Pasta Casserole
Dinner Roll

Steamed Broccoli
100% Fruit Juice

10 Polynesian Style Beef Bites

Sweet BBQ
Glazed Meatballs

Orange Wedges
Stir Fry Brown Rice w/Green Peas

11 Breaded Chicken Nuggets

WG Breaded Chicken Nuggets

Side Salad w/dressing
Candied Carrots
Diced Pears

14

Chicken Mac

Diced Chicken & Creamy Macaroni-Cheese
WG Dinner Rolls

Green Beans
Seasonal Fresh Fruit

15

Beef Burrito

Seasoned Beef & WG Tortilla Wrap

100% Fruit Juice
Romaine Salad Mix
Cherry Tomatoes

16

Char-Broiled Burgers or Chicken Patty

Grilled Burgers or Chicken Patty

on WG Buns
Fiesta Corn
Pineapple Tidbits

17

Classic Carnival Corn Dogs

Turkey Corn Dogs w/WG Breading

Southern Baked Beans
100% Fruit Juice

18 Chicken Tetrizzini w/ WG Rotini

or
Cheese/Pepperoni Pizza

Romaine Side Salad
Baby Carrot Pack
Mandarin Oranges

21

Italian Meatball Sub

Italian Beef Meatballs on WG Hoagie

Three Bean Salad
Fresh Banana

22

Mojo Chicken Fricassee

Saucy Mojo Chicken & Peppers on Brown Rice

100% Fruit Juice
Iceberg Salad Mix

23

Chicken Nuggets

WG Breaded Chicken Nugget & Roll

Tropical Fruit Mix
Sweet Potato Bites

24

Rigatoni Casserole

Seasoned Beef & WG Pasta Casserole

Romaine Side Salad
Whole Apples
Candied Carrots

25

Breakfast for Lunch

Pancake & Turkey Sausage Wrap w/syrup

Hash Browns or Tater Tots
100% Fruit Juice

28

BBQ Chicken Sandwich

BBQ Pulled Chicken on WG Bun
Romaine Side Salad
Whole Apples
Baked Beans

29

Zesty Nacho

Nacho Cheese Sauce & Corn Tortilla Chips on Iceberg Salad Mix

Kernel Corn
100% Fruit Juice

30

Turkey Hot Dogs

Turkey Hotdogs on a Whole Grain Bun

Smothered Green Beans
Crushed Pineapples
Baby Carrots

31

Sazon Chicken Drums

Seasoned Chicken Drums
Yellowed Brown Rice

100% Fruit Juice
Romaine Salad Mix w/Cherry Tomatoes

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Charter School **October 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:

BBQ Me'tball

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.