

Charter School **November 2023** Lunch Menu

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

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Teriyaki BBQ Glazed Meatballs Oriental BBQ Glazed Meatballs Stir Fry Rice w/ Peas & Carrots Crushed Pineapples	2 Pasta Bolognese Casserole WG Penne Bolognese Casserole Romaine Salad Mix 100% Fruit Juice	3 Nacho Cheese Nacho & Cheese Dip Nacho Cheese Fridays Nacho & Cheese Dip Or Pepperoni Pizza (tentative) Kernel Corn Applesauce Cup
6 Turkey Hotdogs Turkey Hotdogs WG Bun w/ketchup Seasonal Fresh Fruit Southern Baked Beans	7 Chef's Beef or Cheese Ravioli Chef's Beef or Cheese Ravioli Steamed Peas 100% Fruit Juice	8 Herb Chicken Drumstick Herb Chicken Drumstick Yellowed Brown Rice Tuscan Coleslaw 100% Fruit Juice	9 Homestyle Chicken Nuggets Homestyle Chicken Nuggets Potato Wedges Wedged Oranges	10 Penne Bolognese Penne Bolognese Or Pepperoni Pizza (tentative) 1/2c Romaine Salad Mix & 1/4c Baby Carrots Diced Pears
13 Caribbean BBQ Beef Bites Caribbean BBQ Beef Bites Seasonal Fresh Fruit Black Beans & Brown Rice (moros)	14 Taco Tuesday Nacho & Cheese Dip Taco Tuesday Nacho & Cheese Dip 100% Fruit Juice Shredded Iceberg Lettuce	15 Teriyaki Chicken Chunks Teriyaki Chicken Chunks Stir Fry Rice w/ Peas & Carrots Pineapple Tidbits	16 State Fair Corn Dogs State Fair Corn Dogs Fiesta Corn 100% Fruit Juice	17 Golden Macaroni & Cheese Golden Macaroni & Cheese Or Pepperoni Pizza (tentative) Mandarin Oranges Seasoned Broccoli
20 Chef's Beef or Cheese Ravioli Chef's Beef or Cheese Ravioli 100% Fruit Juice Smothered Green Beans	21 Chicken Burrito w/ WG Tortillas Tex-Mex Chicken Burrito w/ WG Tortillas Tropical Mixed Fruit Pinto Beans & Rice	22 Turkey Hotdogs Turkey Hotdogs WG Bun & Ketchup Seasonal Fresh Fruit 1/2c Romaine Salad Mix Candied Carrots	23 Homestyle Chicken Nuggets Homestyle Chicken Nuggets Orange Wedges Potato Chunks	24 Sazon Chicken Drumstick Sazon Chicken Drumstick Or Pepperoni Pizza (tentative) Kidney Beans & Brown Rice (conгри) 100% Fruit Juice
27 Golden Macaroni & Cheese Golden Macaroni & Cheese Braised Green Beans 100% Fruit Juice	28 State Fair Corn Dogs State Fair Corn Dogs Fiesta Bean Salsa Seasonal Fresh Fruit	29 Teriyaki BBQ Glazed Meatballs Oriental BBQ Glazed Meatballs Stir Fry Rice w/ Peas & Carrots Crushed Pineapples	30 Pasta Bolognese Casserole WG Penne Bolognese Casserole Romaine Salad Mix 100% Fruit Juice	

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.