

Charter School **May 2024** Breakfast Menu

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

Monday

29
Assorted Cereals
WG Assorted Cereal Bowls
Craisin Pack

Tuesday

30
WG Cinnamon Bun
Whole Grain Cinnamon Buns
Fresh Fruit Selection

Wednesday

1
Assorted Cereals
WG Assorted Cereal Bowls
Yogurt or Cheese Stick (High School Only)
100% Orange Pineapple Juice

Thursday

2
Warmed Muffins
WG Warmed Assorted Muffins
Apple Sauce Cup

Friday

3
WG Frosted Flakes
Assorted Cereal Bowl
100% Apple Juice Cup

6
Cinnamon Raisin Bread
Sliced Raisin Bread
Yogurt or Cheese Stick
Seasonal Fresh Fruit

7
Cini-Cereal Bar
Cinnamon Mini Strudel
Craisins

8
Assorted Cereal Bowl
Cinnamon Toast Cereal Bowl
100% Fruit Juice Cup

9
WG Glazed Waffles
Warm Glazed Waffles
Applesauce Cup

10
Nutri-Grain Bar
Whole Grain Cereal Bars
100% Fruit Juice

13
Assorted WG Cereals
WG Assorted Cereal Bowls
Craisin Pack

14
Warmed Assorted Muffins
WG Warmed Assorted Muffins
Fresh Fruit Selection

15
WG Frosted Cereal
WG Assorted Cereal Bowls
Yogurt or Cheese Stick (High School Only)
100% Apple Juice Cup

16
Super Bakery Cinnamon Bun
Whole Grain Cinnamon Buns
Apple Sauce Cup

17
WG Assorted Cereal Bowls
Assorted Cereal Bowl
100% Orange Pineapple Juice

20
Assorted Cereal Bowl
Cinnamon Toast Cereal Bowl
Seasonal Fresh Fruit

21
WG Cinnamon Waffles
Warm Glazed Waffles
Craisins

22
Assorted Cereal Bars
Whole Grain Cereal Bars
100% Fruit Juice Cup

23
Cinnamon Raisin Bread
Sliced Raisin Bread
Yogurt or Cheese Stick
Applesauce Cup

24
Toasted Cereal Bar
Cinnamon Mini Strudel
100% Fruit Juice

27
Assorted Cereals
WG Assorted Cereal Bowls
Craisin Pack

28
WG Cinnamon Bun
Whole Grain Cinnamon Buns
Fresh Fruit Selection

29
Assorted Cereals
WG Assorted Cereal Bowls
Yogurt or Cheese Stick (High School Only)
100% Orange Pineapple Juice

30
Warmed Muffins
WG Warmed Assorted Muffins
Apple Sauce Cup

31
WG Frosted Flakes
Assorted Cereal Bowl
100% Apple Juice Cup

This Menu is designed for k-ozos,eq12 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 Cup (up to 1cup equivalent) servings per guidelines (1 component), Assorted Vegetables- up to 1 cup portions (1 component), Assorted Milk- 1 unitized 8oz or .5 pint serving (1 component). Students must receive all menued 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 48 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.

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Charter School **May 2024** Lunch Menu

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

Monday

29 Homestyle Chicken Nuggets

Homestyle Chicken Nuggets

Potato Wedges
100% Fruit Juice

6 Caribbean Beef Bites

Caribbean BBQ Meatballs

Seasonal Fresh Fruit
Black Beans & Brown Rice (moros)

13 Salisbury Steak

Salisbury Beef Steak & Gravy

Mixed Fruit
Italian Brown Rice w/ Green peas

20 State Fair Corn Dogs

State Fair Corn Dogs

Baked Beans
Fresh Fruit

27 Homestyle Chicken Nuggets

Homestyle Chicken Nuggets

Potato Wedges
100% Fruit Juice

Tuesday

30 Sloppy Joes

Classic Beef Sloppy Joe
WG Bun

Southern Baked Beans
Seasonal Fresh Fruit

7 Cheesy Beef Taco Salad

Cheese & Ground Beef w/WG Tortilla Chips

Shredded Iceberg Lettuce
100% Fruit Juice

14 Chef's Beef or Cheese Ravioli

Chef's Beef or Cheese Ravioli
WG Rolls

100% Fruit Juice
Smothered Green Beans

21 Macaroni & Cheese

Cheesy Macaroni Pasta

100% Fruit Juice
Green Beans

28 MeatBall Sub

Turkey Meatballs & Marinara
WG Bun w/ketchup

Southern Baked Beans
Seasonal Fresh Fruit

Wednesday

1 Sazon Baked Chicken Drumstick

Caribbean Chicken Drumstick
Yellowed Brown Rice

Tuscan Coleslaw
100% Fruit Juice

8 Chicken Alfredo Casserole

Chicken Alfredo Casserole w/WG Penne Pasta

Baby Carrots
Romaine Salad Mix
Pineapple Tidbits

15 Homestyle Chicken Nuggets

Homestyle Chicken Nuggets

Orange Wedges
Potato Chunks

22 BBQ Glazed Meatballs

BBQ Glazed Meatballs

Crushed Pineapples
Brown Rice w/Peas & Carrots

29 Sazon Baked Chicken Drumstick

Caribbean Chicken Drumstick
Yellowed Brown Rice

Tuscan Coleslaw
100% Fruit Juice

Thursday

2 Chef's Beef or Cheese Ravioli

Chef's Beef or Cheese Ravioli
WG Roll

Steamed Peas
Wedged Oranges

9 State Fair Corn Dogs

State Fair Corn Dogs

Fiesta Corn
100% Fruit Juice

16 Mini Meatball Subs

Turkey Meatballs & Marinara Subs

Seasonal Fresh Fruit
1/2c Romaine Salad Mix
Candied Carrots

23 Chicken Alfredo Casserole

Chicken Alfredo Casserole w/WG Penne Pasta

Baby Carrots & Romaine Salad Mix
100% Fruit Juice

30 Chef's Beef or Cheese Ravioli

Chef's Beef or Cheese Ravioli
WG Roll

Steamed Peas
Wedged Oranges

Friday

3 Charbroiled BBQ Burger

Grilled BBQ Burger on Sandwich Bun

1/2c Romaine Salad Mix & 1/4c Baby Carrots
Diced Pears

10 Macaroni & Cheese

Cheesy Macaroni Pasta

Or
Pepperoni Pizza (tentative)
Mandarin Oranges
Seasoned Broccoli

17 Sazon Baked Chicken Drumstick

Sazon Chicken Drumstick

Or
Pepperoni Pizza (tentative)
Kidney Beans & Brown Rice (congrì)
100% Fruit Juice

24 Cheesy Beef Taco Salad

Cheese & Ground Beef w/WG Tortilla Chips

Shredded Iceberg Lettuce & Kernel Corn
Applesauce Cup

31 Charbroiled BBQ Burger

Grilled BBQ Burger on Sandwich Bun

1/2c Romaine Salad Mix & 1/4c Baby Carrots
Diced Pears

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 1/2 cup offering (up to 1/2 c k-8; 1 cup 9-12 equivalent) per guidelines (1 component), Assorted Vegetable offering up to 3/4 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.

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Cold Meal & Afterschool Snack

Cold Meal Offered Daily | Snack Optional For Participating Sites

Monday

Tuesday

Wednesday

Thursday

Friday

Daily Cold Meal Choice Option:

Turkey & Cheese Hero

Sliced Turkey & Cheese
WG Sub roll

W/Black Bean & Corn Salsa

Taco Salad

Chilled Taco Salad
w\Tortilla Chips &
Shredded Iceberg

Classic PBJ

Peanut Butter & Jelly on
WG Bread
w\Baby Carrots

Fajita Chicken Salad

Chilled Fajita Chicken &
Romaine Salad
w\Snack Crackers

Spicy Chicken Wrap

Boom Boom Chicken
Wrap
w\Coleslaw

After School Snack Menu:

WG Pretzels

Assorted 6oz 100%
Juice

Graham Bear &

1/2pt Assorted Milks

Seasonal Fresh Fruit &

Yogurt Snack Pack

Graham Crackers &

Assorted 6oz Juice

WG Goldfish Snack
1/2pt Assorted Milk

Vegetarian Option Menu:

Cauliflower Casserole

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

Me'tless Bolognese & Marinara Sauce

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

Tuscan Vegetable Werap

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

PBJ Uncrustable Sandwich

Served with
Vegetable
& Fruit of the day.

Me'tball Pasta Casserole

Served with
Vegetable
& Fruit of the day.

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