

Charter High School- Sample Menu (Premium)

January 2014				
Monday	Tuesday	Wednesday	Thursday	Friday
ALTERNATIVES Veg Alt: Cheese Raviolis w/ Mountain Roll 3oz Alt: Turkey and Provolone w/ Lettuce and Tomato on a WW Kaiser Roll 3oz Hot Sand/Dairy Free: Breaded Chicken Breast on a WW Bun 3.2oz	ALTERNATIVES Veg Alt: W.W Mac and Cheese w/ WW Bread 3/4 Cup Beef Bologna and American Cheese w/ Lettuce and Tomato on WW Bread 3oz Hot Sand/Dairy Free: Meatball Hero on a WW Hero Roll 3oz	ALTERNATIVES Veg Alt: WW Pizza Slice 1 ea Alt: Turkey and Provolone w/ Lettuce and Tomato on a W.G Wrap 3oz ALT: Grilled Chicken, Tomato and Cucumber Salad (Italian Dressing PC) w/ WW Bread 5oz	ALTERNATIVES Veg Alt: W.G Grilled Cheese 1 ea Alt: Chicken Salad w/ Lettuce and Tomato on a W.W Bread 3oz Hot Sand/Dairy Free: Hamburger on a WW Bun 2.8oz	ALTERNATIVES Veg Alt: Veggie Burger on a WW Bun 3oz Alt: Turkey and American Cheese w/ Lettuce and Tomato on a W.W Hero Roll 3oz Hot Sand/Dairy Free: Grilled Chicken w/ Lettuce and Tomato on a WW Roll 3oz
	All of our food is made fresh Daily.			
		No Lunch- Happy New Year!	2 Jerk Seasoned Chicken Leg 3oz Whole Wheat Biscuit 2 oz Mashed Potatoes 3/4 Cup 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	3 Whole Wheat Pizza 1ea Green Beans 3/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz
6 Baked Chicken Fingers 2ea (4oz) Whole Wheat Biscuit 2 oz Broccoli 3/4C 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz Honey Mustard PC .75oz	7 Stuffed Shells w/ Marinara Sauce 2ea/4oz Italian Bread 1sl Whole Baby Carrots 3/4 Cup Fresh Cantaloupe Slice 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	8 Baked Chicken Leg w/ BBQ Sauce 3oz Whole Wheat Mountain Roll 1ea Cowboy Baked Beans 3/4 Cup Fresh Apple Slices 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	9 Turkey Nachos w/ Cheese Seasoned Ground Turkey 2.5oz Nachos 1oz Shredded Lettuce 1/4 Cup Shredded Cheddar .5oz Salsa 1/4 Cup Corn 1/2 Cup White Rice 1/2 Cup 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	10 Hamburger 2.8oz Whole Wheat Hamburger Bun 1ea American Cheese 1ea Fresh Salad Bar 1 1/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea
13 All Beef Hot Dog 1ea Whole Wheat Hot Dog Bun 1ea Maple Baked Beans 3/4 Cup Apple Sauce Cup 1/2C 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea PC Mustard 1ea	14 Penne w/ Chicken and Pink Sauce 6oz Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	15 Italian Marinated Grilled Chicken 3oz Whole Wheat Kaiser Roll 1ea Broccoli 3/4C Fresh Clementine 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea	16 Homemade Turkey Meatloaf w/ Gravy 3oz Whole Wheat Mountain Roll 1ea Roasted Red Bliss Potatoes 3/4 Cup 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	17 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz
No Lunch	21 Spaghetti w/ Marinara Sauce 6oz Meatballs w/ Sauce 2ea Whole Wheat Mountain Roll 1ea Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	22 Baked Rosemary Chicken 3oz Whole Wheat Mountain Roll 1ea Spinach 3/4 Cup Fresh Grapes 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	23 2 Ground Turkey Tacos 1.25oz each Taco Shells (2) 2ea Seasoned Ground Turkey 2.5oz White Rice 1/2 Cup Shredded Cheddar 1oz Salsa 1/4 Cup Shredded Lettuce 1/4 Cup Corn 1/2 Cup 100% Apple Juice 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	24 Whole Wheat Pizza 1ea Fresh Salad Bar 1 1/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz
27 Meatballs w/ Marinara Sauce 3oz - 3ea Whole Wheat Hero Roll 1ea Broccoli 3/4C Fresh Apple Slices 1/2 Cup 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	28 Homemade Ziti w/ Meat Sauce 3/4 Cup Whole Wheat Bread 1ea Honey Glazed Whole Baby Carrots 3/4 Cup Fresh Fruit Salad 1/2C 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	29 Baked Chicken Wings w/ Spicy BBQ Sauce 3ea(3oz) Whole Wheat Mountain Roll 1ea Maple Baked Beans 3/4 Cup Fresh Orange Segments 1/2c 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz	30 Grilled Chicken Breast 3oz Lettuce Leafs 1/4 Cup Tomato Slices 1/4 Cup Whole Wheat Kaiser Roll 1ea Celery Sticks 3/4 Cup PC Ranch Dressing 1ea 100% Fruit Punch 4oz 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz Honey Mustard PC .75oz	31 Hamburger 2.8oz Whole Wheat Hamburger Bun 1ea American Cheese 1ea Baked French Fries 3/4 Cup Fresh Banana 1ea 1% Regular, Fat Free Chocolate or Fat Free Strawberry Milk 8oz PC Ketchup 1ea