PARK CITY PREP CHARTER SCHOOLS – BRIDGEPORT, CT

GRADES 5-8

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Breakfast:** RS WG Cinnamon Flakes WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** BBQ chicken tender (unbreaded) 4 oz Golden Corn (S) ½ c Potato Salad (S) ¼ c WGR Bread 1 slice Mixed Fruit ½ c 1 % Flavored Milk	**2** **Breakfast:** RS WG Trix WG Honey Grahams Fresh Fruit 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** WGR Pasta ½ c with Meatballs 6 each in Tomato Sauce (R) ½ c Romaine Salad (G) 1 c w/ Cut Tomato (R) ¼ c Dressing WGR Dinner Roll 1 each Seasonal Fruit ½ c 1 % Milk	**3** **Breakfast:** WG Bagel with Grape Jelly Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** WGR Breaded Fish Nuggets 3 each WGR Mac & Cheese ½ c Carrots (R) ½ c Cold Cut Zucchini (O) ¼ c Peaches ½ c 1 % Milk	**4** **Breakfast:** WG Apple Muffin WG Grahams Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Sloppy Joe 4 oz Sandwich on WGR Sandwich Bun 1each Baked Beans (L) ½ c Cold Broccoli Cuts (G) ¼ c Tropical Fruit ½ c 1 % Milk	**5** **Breakfast:** Strawberry Banana Yogurt WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Cold Grilled Chicken 3 oz Sandwich Honey Mustard Lettuce (O) ¼ c and Tomato (R) ¼ c Cole Slaw (O) ½ c WGR Sandwich Bun 1 each Pears ½ c 1 % Milk
8 **NO SCHOOL**	**9** **Breakfast:** WG Frosted Mini Wheats WG Honey Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Italian Meatball (6) Sandwich In Tomato Sauce (R) ¼ c Green Beans (O) ½ c Cucumber Coins (O) ¼ c WGR Grinder Roll 1 each Peaches ½ c 1 % Milk	**10** **Breakfast:** WG Cereal Bar WG Grahams Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Turkey Chili w/ Beans 1 c - (L) ¼ c (R) ¼ c WGR Brown Rice ½ c Golden Corn (S) ½ c WGR Tortilla Scoops 1 oz Seasonal Fruit ½ c 1 % Milk	**11** **Breakfast:** WG Cheerios WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Chicken Parmesan 1 each WGR Pasta ½ c w/ Tomato Sauce (R) ½ c Carrots (R) ½ c WGR Dinner Roll 1 each Mandarin Oranges ½ c 1 % Milk	**12** **Breakfast:** WG Banana Muffin WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Roast Turkey 3 oz Ranch Wrap Shredded Romaine (G) ½c Roasted Chickpeas (cold) (L) ½ c WGR 10” Flour Tortilla 1 each Mixed Fruit ½ c 1 % Milk

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22 **Breakfast:** WG Corn Muffin WG Grahams Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Beef Rib-B-Que 1 each Macaroni and Cheese ½ c Broccoli Cuts (G) ½ c Cold Baby Carrots (R) ¼ c WGR Sandwich Bun 1 each Peaches ½ c 1 % Milk	**23** **Breakfast:** WG Cereal Bar WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Cheesy Baked WGR Pasta 1 cup (incl ¼ c tomato sauce (R)) Iceberg Salad (O) 1 c w/ Cherry Tomatoes ¼ c (R) Dressing WGR Dinner Roll 1 each Seasonal Fruit ½ c 1 % Milk	**24** **Breakfast:** RS WG Cinnamon Chex WG Honey Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** WGR Popcorn Chicken 12 pcs Mashed Potatoes (S) ½ c Cucumber Coins (O) ¼ c WGR Bread 1 each Mixed Fruit ½ c 1 % Milk	**25** **Breakfast:** WG Apple Muffin WG Grahams Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Beef Hot Dog 1 each Baked Beans (L) ½ c Cole Slaw (O) ¼ c WGR Hot Dog Bun 1 each Seasonal Fruit ½ c 1 % Milk	**26** **Breakfast:** WG Cheerios WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Chicken Caesar Wrap (3 oz chicken; ½ c Romaine (G)) Carrot Salad (R) ½ c (Shredded carrots/ Italian dressing) WGR Flour Tortilla 10” 1 each Mandarin Oranges ½ c 1 % Milk

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29 **Breakfast:** Strawberry Banana Yogurt WG Honey Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** WGR Chicken Nuggets 5 each BBQ Sauce Sweet Potato Tots (R) ½ c Celery Sticks (O) ¼ WGR Bread 1 slice Seasonal Fruit ½ c 1 % Milk	**30** **Breakfast:** RS WG Frosted Flakes WG Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** American Chop Suey 1 c (incl ¼ c tomato sauce(R) Green Beans (O) ½ c Cold Cut Zucchini (O) ¼ c WGR Dinner Roll 1 each Pears ½ c 1 % Milk	**31** **Breakfast:** WG Chocolate Mini-Wheats WG Grahams Fresh Fruit 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Chicken Teriyaki 4 oz WGR Brown Rice ½ c Spinach w/Garlic (G) ½ c Cold Baby Carrots (R) ¼ c WGR Bread 1 slice Seasonal Fruit ½ c 1 % Milk	**1** **Breakfast:** 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Turkey Taco ½ c (tomato sauce ¼ c (R) on a WGR Soft 10" Tortilla 1 each Seasoned Bean Mix (L) ½c 3-Bean Salad (O) ¼ c WGR Corn Muffin 1 each Pineapple Tidbits ½ c 1 % Milk	**2** **Breakfast:** 100% Fruit Juice 4 oz 1% White or FF Flavored Milk **Lunch:** Tuna Salad 3 oz Boat with Shredded Iceberg (O) ½ c Potato Salad (S) ½ c WGR Hot Dog Bun 1 each Applesauce ½ c 1 % Milk