

PARK CITY PREP CHARTER SCHOOL – BRIDGEPORT, CT

GRADES 5-8

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>30 Breakfast: WG RS Frosted Flakes Honey Grahams Applesauce</p> <p>Lunch: Sloppy Joe 4 oz Sandwich WGR Sandwich Bun 1ea Baked Beans (L) ½ c Cold cut Broccoli (G) ¼ c Tropical Fruit ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>31 Breakfast: WG RS Cinnamon Toast Crunch Graham Crackers Applesauce</p> <p>Lunch: Cold Grilled Chicken 3 oz Sandwich Honey Mustard Lettuce (O) ¼ c & Tomato (R) ¼ c Cole Slaw (O) ½ c WGR Sandwich Bun 1 each Pears ½ c 1 % Unflavored or FF Flavored Milk</p>
<p>3</p> <p align="center">NO SCHOOL</p>	<p>4 Breakfast: WG Frosted Mini Wheats Honey Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>5 Breakfast: WG RS Trix Graham Crackers Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>6 Breakfast: WG Cheerios Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>7 Breakfast: WG Bagel with Grape Jelly Fresh Fruit 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: Roast Turkey 4 oz Ranch Wrap Shredded Romaine (G) ½c Roasted Chickpeas (cold) (L) ½ c WGR 10" Flour Tortilla 1 each Mixed Fruit ½ c 1 % Unflavored or FF Flavored Milk</p>
<p>10</p> <p align="center">NO SCHOOL</p>	<p>11 Breakfast: WG RS Cinnamon Flakes Honey Grahams Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: Diced Chicken 3 oz and Broccoli ¼ c (G) Stir Fry WGR Brown Rice ½ c Golden Corn (S) ½ c WGR Bread 1 each Pineapple Tidbits ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>12 Breakfast: WG Banana Muffin Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: Macaroni and Cheese 2/3 c Broccoli (G) ½ c Cold baby carrots (R) ¼ c WGR Dinner Roll 1 each Peaches ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>13 Breakfast: WG RS Cinnamon Toast Crunch Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: WGR Breaded Chicken Chunks 5 each Dipping Sauce Baked Beans (L) ½ c Potato salad (S) ¼ c WGR Bread 1 each Applesauce ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>14 Breakfast: Strawberry Yogurt Graham Crackers Fresh Fruit 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: Buffalo Chicken Salad 3 oz w/ Shredded Iceberg (O) ½ c And Ranch Dressing Cucumber (O) ¼ c cut and Tomato (R) ½ Salad WGR Sandwich Roll 1 each Seasonal Fruit ½ c 1 % Unflavored or FF Flavored Milk</p>

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<p>17 Breakfast: WG Frosted Chocolate Mini Wheats Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>18 Breakfast: WG Cheerios Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>19 Breakfast: Strawberry Yogurt Graham Crackers Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>Lunch: WGR Breaded Popcorn Chicken 12 pcs Mashed Potatoes (S) ½ c Cucumber coins (S) ¼ c WGR Bread 1 each Mixed Fruit ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>20 Breakfast: WG RS Trix Graham Crackers Strawberry Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>	<p>21 Breakfast: WG Bagel with Grape Jelly Applesauce 100% Fruit Juice 4 oz 1% White or FF Flavored Milk</p> <p>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 % Unflavored or FF Flavored Milk</p>
<p>24 Breakfast: WG Apple Muffin Graham Crackers Strawberry Applesauce 100% Fruit Juice 4oz 1% White or FF Flavored Milk</p> <p>Lunch: WGR Chicken Chunks 5 each BBQ Sauce Sweet Potato Tots (R) ½ c Celery sticks (O) ¼ c WGR Bread 1 slice Seasonal Fruit ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>25 Breakfast: WG Kix Graham Crackers Applesauce 100% Fruit Juice 4oz 1% White or FF Flavored Milk</p> <p>Lunch: American Chop Suey 1 c (incl ¼ c (R) tomato sauce(R); ½ c WGR pasta) Green Beans (O) ½ c Cut cold zucchini (O) ¼ c WGR Dinner Roll 1 each Pears ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>26 Breakfast: Strawberry Banana Yogurt Honey Grahams Applesauce 100% Fruit Juice 4oz 1% White or FF Flavored Milk</p> <p>Lunch: Chicken Teriyaki Dippers 4 each 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 % Unflavored or FF Flavored Milk</p>	<p>27 Breakfast: Bagel-Ful Fresh Fruit 100% Fruit Juice 4oz 1% White or FF Flavored Milk</p> <p>Lunch: Turkey Taco ½ c (tomato sauce ¼ c (R)) on a WGR Soft 10” Tortilla 1 each Seasoned Bean Mix (L) ½ c Cold 3 bean salad (O) ¼ c WGR Corn Muffin 1 each Pineapple Tidbits ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>28 Breakfast: WG RS Graham Crackers Strawberry Applesauce 100% Fruit Juice 4oz 1% White or FF Flavored Milk</p> <p>Lunch: Tuna Salad 4 oz Boat with Shredded Iceberg (O) ½ c Potato Salad (S) ½ c WGR Hot Dog Bun 1 each Applesauce ½ c 1 % Unflavored or FF Flavored Milk</p>