



CHARTER LUNCH - AUGUST 2018

K-8 PORTIONS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
APPLE		JUICE		BANANA		JUICE		MELON	
				1		2		3	
				BEEF NACHOS *SEASONED GROUND BEEF REFRIED BEANS SHREDDED CHEESE *TORTILLA CHIPS *TAPATIO *FRUIT *MILK	2 OZ 6 OZ 0.5 OZ 2 OZ 1 1 8 FL OZ	PENNE ALFREDO *WHEAT PENNE PASTA CHICKEN ALFREDO SAUCE GREEN BEANS *100% JUICE *MILK	8 OZ 2 OZ 2 OZ 6 OZ 4 FL OZ 8 FL OZ	MEAT LASAGNA *BEEF LASAGNA BROCCOLI *WHEAT ROLL *FRUIT *MILK	5 OZ 6 OZ 1 4 OZ 8 FL OZ
6		7		8		9		10	
BEAN BURRITO *BEAN & CHEESE BURRITO POTATO WEDGES *KETCHUP *TAPATIO *FRUIT *MILK	1 6 OZ 1 1 1 8 FL OZ	SPAGHETTI WITH TURKEY SAUCE *GROUND TURKEY WHEAT SPAGHETTI TOMATO SAUCE DICED CARROTS *100% JUICE *MILK	2 OZ 8 OZ 2 OZ 6 OZ 4 FL OZ 8 FL OZ	TERIYAKI CHICKEN BOWL *TERIYAKI CHICKEN STEAMED BROWN RICE BROCCOLI *TAPATIO *FRUIT *MILK	2 OZ 8 OZ 6 OZ 1 1 8 FL OZ	BEEF FAJITA WRAP *BEEF FAJITAS REFRIED BEANS *WHEAT TORTILLA *TAPATIO *100% JUICE *MILK	2 OZ 6 OZ 1 1 4 FL OZ 8 FL OZ	TURKEY & CHEESE SANDWICH *WHEAT BREAD DELI TURKEY SLICED CHEESE *CARROT STICKS *RANCH DRESSING *MAYO & MUSTARD *FRUIT *MILK	2 OZ 2 OZ 0.5 OZ 6 OZ 1 1 EACH 4 OZ 8 FL OZ
13		14		15		16		17	
CHICKEN TENDERS *BAKED CHICKEN TENDERS POTATO WEDGES *WHEAT ROLL *KETCHUP (2) *FRUIT *MILK	3 PC 6 OZ 1 2 1 8 FL OZ	GLAZED CHICKEN BOWL *GLAZED CHICKEN STEAMED BROWN RICE CARROT COINS *TAPATIO *100% JUICE *MILK	2 OZ 8 OZ 6 OZ 1 4 FL OZ 8 FL OZ	MAKE YOUR OWN TOSTADA *SEASONED GROUND BEEF REFRIED BEANS *SHREDDED LETTUCE & TOMATOES *TOSTADA SHELLS (2) *TAPATIO *FRUIT *MILK	2 OZ 4 OZ 4 OZ 2 1 1 8 FL OZ	BBQ CHICKEN *SEASONED BAKED DRUMSTICKS BAKED BEANS *CORN MUFFIN *KETCHUP *100% JUICE *MILK	2 OZ 6 OZ 1 1 4 FL OZ 8 FL OZ	ASIAN CHICKEN SALAD MARINATED CHICKEN ROMAINE LETTUCE CABBAGE & CARROTS CRISPY NOODLES ASIAN DRESSING *WHEAT ROLL *FRUIT *MILK	2 OZ 1 CUP 1/2 CUP 1 OZ 1 OZ 1 OZ 4 OZ 8 FL OZ
20		21		22		23		24	
CHICKEN BURGER *BRADED CHICKEN PATTY *POTATO WEDGES *SHREDDED LETTUCE *WHEAT BUN *KETCHUP/MUSTARD *FRUIT *MILK	1 6 OZ 4 OZ 1 1 EACH 1 8 FL OZ	BEEF NACHOS *SEASONED GROUND BEEF REFRIED BEANS SHREDDED CHEESE *TORTILLA CHIPS *TAPATIO *100% JUICE *MILK	2 OZ 6 OZ 0.5 OZ 2 OZ 1 4 FL OZ 8 FL OZ	BEEF & BROCCOLI *SEASONED BEEF BROCCOLI BROWN RICE *TORTILLA CHIPS *FRUIT *MILK	2 OZ 6 OZ 8 OZ 1 1 8 FL OZ	CHEESE LASAGNA *CHEESE LASAGNA SEASONED CARROT COINS *WHEAT ROLL *TAPATIO *100% JUICE *MILK	5 OZ 6 OZ 1 4 FL OZ 8 FL OZ	*ITALIAN HOAGIE SALAMI PEPPERONI SWISS CHEESE WHEAT HOAGIE *CELERY STICKS *RANCH DRESSING *MAYONNAISE/ MUSTARD *FRUIT *MILK	1 OZ 1 OZ 1 OZ 1 6 OZ 1 1 EACH 4 OZ 8 FL OZ
27		28		29		30		31	
SPAGHETTI W/MEATBALLS *WHOLE WHEAT SPAGHETTI MEATBALLS (3 OZ) TOMATO SAUCE BROCCOLI *FRUIT *MILK	8 OZ 6 PIECES 2 OZ 6 OZ 1 8 FL OZ	CHICKEN FAJITA BOWL *CHICKEN FAJITAS SPANISH BROWN RICE PINTO BEANS *TAPATIO *100% JUICE *MILK	2 OZ 8 OZ 6 OZ 1 4 FL OZ 8 FL OZ	BEAN BURRITO *BEAN AND CHEESE BURRITO *CARROT STICKS *RANCH DRESSING *TAPATIO *FRUIT *MILK	1 6 OZ 1 1 1 8 FL OZ	CHIPOTLE CHICKEN *SEASONED BAKED DRUMSTICKS MASHED POTATOES *WHEAT ROLL *TAPATIO *100% JUICE *MILK	2 OZ 6 OZ 1 1 4 FL OZ 8 FL OZ	HAMBURGER *HAMBURGER PATTY *SHREDDED LETTUCE & SLICED TOMATO *BAKED BEANS *WHEAT BUN *KETCHUP/MUSTARD/MAYO *FRUIT *MILK	2 OZ 4 OZ 4 OZ 1 1 EACH 4 OZ 8 FL OZ

"In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten building, 1400 Independence Avenue, SW, Washington, D. C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."