



CHARTER LUNCH MENU - SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLE	JUICE OR MELON	APPLE	BANANA	ORANGE
3	4	5	6	7
	CHICKEN TENDERS *BAKED CHICKEN TENDERS POTATO WEDGES *WHEAT ROLL *KETCHUP (2) *ORANGE *MILK	CHILI CHEESE BAKED POTATO *BEEF CHILI CHILI BEANS BAKED POTATO CHEESE *WHEAT ROLL *TAPATIO *FRUIT *MILK	TURKEY & CHEESE SANDWICH *DELI TURKEY AMERICAN CHEESE WHEAT BREAD *CARROT STICKS *RANCH DRESSING *MAYO & MUSTARD *FRUIT *MILK	ASIAN CHICKEN SALAD MARINATED CHICKEN ROMAINE LETTUCE CABBAGE & CARROTS CRISPY NOODLES ASIAN DRESSING *WHEAT ROLL *FRUIT *MILK
10	11	12	13	14
GRILLED CHICKEN BURGER *GRILLED CHICKEN PATTY *CARROT STICKS *SHREDDED LETTUCE & SLICED TOMATO *WHEAT BUN *RANCH DRESSING *KETCHUP/ MUSTARD/MAYO *FRUIT *MILK	SOUTHWEST CHICKEN *SEASONED BAKED DRUMSTICKS CORN *WHEAT ROLL *TAPATIO *JUICE OR FRUIT *MILK	PENNE ALFREDO *WHEAT PENNE PASTA CHICKEN ALFREDO SAUCE GREEN BEANS *FRUIT *MILK	BEEF NACHOS *SEASONED GROUND BEEF REFRIED BEANS SHREDDED CHEESE *TORTILLA CHIPS *TAPATIO *FRUIT *MILK	MEAT LASAGNA *BEEF LASAGNA BROCCOLI *WHEAT ROLL *FRUIT *MILK
17	18	19	20	21
BEAN BURRITO *BEAN & CHEESE BURRITO POTATO WEDGES *KETCHUP *TAPATIO *FRUIT *MILK	SPAGHETTI WITH TURKEY SAUCE *GROUND TURKEY WHEAT SPAGHETTI TOMATO SAUCE DICED CARROTS *JUICE OR FRUIT *MILK	TERIYAKI CHICKEN BOWL *TERIYAKI CHICKEN STEAMED BROWN RICE BROCCOLI *TAPATIO *FRUIT *MILK	BEEF FAJITA WRAP *BEEF FAJITAS REFRIED BEANS *WHEAT TORTILLA *TAPATIO *FRUIT *MILK	TURKEY & CHEESE SANDWICH *WHEAT BREAD DELI TURKEY SLICED CHEESE *CARROT STICKS *RANCH DRESSING *MAYO & MUSTARD *FRUIT *MILK
24	25	26	27	28
CHICKEN TENDERS *BAKED CHICKEN TENDERS POTATO WEDGES *WHEAT ROLL *KETCHUP (2) *FRUIT *MILK	GLAZED CHICKEN BOWL *GLAZED CHICKEN STEAMED BROWN RICE CARROT COINS *TAPATIO *JUICE OR FRUIT *MILK	MAKE YOUR OWN TOSTADA *SEASONED GROUND BEEF REFRIED BEANS *SHREDDED LETTUCE & TOMATOES *TOSTADA SHELLS (2) *TAPATIO *FRUIT *MILK	BBQ CHICKEN *SEASONED BAKED DRUMSTICKS BAKED BEANS *CORN MUFFIN *KETCHUP *FRUIT *MILK	CHICKEN CHOW MEIN *CHICKEN CHOWMEIN BROCCOLI *TAPATIO *FRUIT *MILK

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