

PARK CITY PREP CHARTER SCHOOL – BRIDGEPORT, CT

GRADES 5-8

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="font-size: 2em; font-weight: bold; text-align: center;">NO SCHOOL</p>	<p>3</p> <p>Breakfast: 1oz RS Trix Cheese Stick Applesauce 100% Juice Milk</p> <p>Lunch: 1 c WGR Penne Pasta w/ (6) Meatballs including ½ c (R) Tomato Sauce ½ c (G) Broccoli 1 ea WGR Dinner Roll ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>4</p> <p>Breakfast: Cereal Bar Sunflower Kernels Fresh Fruit 100% Juice Milk</p> <p>Lunch: 12 pcs WGR Popcorn Chicken ½ c (S) Mashed Potatoes ¼ c (O) Cucumber Coins 1 ea WGR Bread ½ c Mixed Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>5</p> <p>Breakfast: 2oz RS Cinnamon Toast Crunch Raisins 100% Juice Milk</p> <p>Lunch: 1 ea Beef Hot Dog ½ cup (O) Iceberg Salad w/ ¼ c (R) Cherry Tomato (R) ¼ c PC pkts Ranch Dressing ¼ c (O) Cole Slaw 1 ea WGR Hot Dog Bun ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>6</p> <p>Breakfast: Banana Muffin Sun Butter Cup Applesauce 100% Juice Milk</p> <p>Lunch: 3oz – 1 ea Cold Crispy Chicken Sandwich on a WGR Kaiser Roll 1c Romaine (G) Salad w/ ¼ c (R) Carrots PC pkts Italian Dressing ½ c Mandarin Oranges 1 % Unflavored or FF Flavored Milk</p>
<p>9</p> <p>Breakfast: 1oz RS Frosted Flakes Honey Grahams Fruit Cup 100% Juice Milk</p> <p>Lunch: 5 ea WGR Chicken Nugget Chunks PC pkts BBQ Sauce ½ c (R) Sweet Potato Tots ¼ c (O) Celery Sticks 1 slice WGR Bread ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>10</p> <p>Breakfast: 2oz RS Cinnamon Toast Crunch 100% Juice Milk</p> <p>Lunch: 1c American Chop Suey (incl., ¼ c Tomato Sauce R) ½ c (O) Green Beans ¼ c (R) Cold Baby Carrots 1 ea WGR Dinner Roll ½ c Pear 1 % Unflavored or FF Flavored Milk</p>	<p>11</p> <p>Breakfast: 1oz Chocolate Mini Wheats Hard Boiled Egg Fresh Fruit 100% Juice Milk</p> <p>Lunch: ½ c Turkey Taco (incl., ¼ c (R) Tomato Sauce 1oz WGR Tortilla Scoops ½ c (L) Seasoned Bean Mix ¼ c (O) 3-bean salad 1 ea WGR Corn Muffin ½ c Pineapple Tidbits 1 % Unflavored or FF Flavored Milk</p>	<p>12</p> <p>Breakfast: Yogurt Grahams Fruit Cup 100% Juice Milk</p> <p>Lunch: 4 ea Chicken Teriyaki Dippers ½ c WGR Brown Rice ½ c (G) Spinach w/Garlic ¼ c (O) Cold Cut Zucchini 1 slice WGR Bread ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>13</p> <p>Breakfast: 1oz RS Cinnamon Flakes Grahams Raisins 100% Juice Milk</p> <p>Lunch: 3oz – 1ea Tuna Salad Boat on a WGR Hot Dog Bun ½ c (O) Shredded Iceberg w/ Italian dressing ½ c (S) Cold Corn Salad ½ c Applesauce 1 % Unflavored or FF Flavored Milk</p>

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<p>16 Breakfast: Blueberry Muffin Cheese Stick Applesauce 100% Juice Milk</p> <p>Lunch: 12 pcs Popcorn Chicken Chicken Drumettes ½ c Rice and ¼ c (L) Beans ½ c (O) Cole Slaw 1 ea WGR Biscuit ½ c Mixed Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>17 Breakfast: 2oz RS Cinnamon Toast Crunch Strawberry Applesauce 100% Juice Milk</p> <p>Lunch: ½ c WGR Pasta w/ Meatballs (6) <u>in</u> ½ c (R) Tomato Sauce 1c (G) Romaine Salad w/ ¼ c (R) Cut Tomatoes PC pkts Dressing 1 ea WGR Dinner Roll ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>18 Breakfast: 1oz RS Frosted Flakes Cheese Stick Fresh Fruit 100% Juice Milk</p> <p>Lunch: 3 ea WGR Breaded Chicken Tenders ½ c WGR Mac & Cheese ½ c (R) Carrots ¼ c (O) Cold Cut Zucchini Peaches ½ c 1 % Unflavored or FF Flavored Milk</p>	<p>19 Breakfast: Bagel-Ful Raisins 100% Juice Milk</p> <p>Lunch: 1 ea Cheeseburger on a WGR Hamburger Bun ½ c (L) Baked Beans ¼ c (G) Cold Broccoli Cuts ½ c Tropical Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>20 Breakfast: 1oz Trix Grahams Strawberry Applesauce 100% Juice Milk</p> <p>Lunch: 3oz – 1 ea Cold Grilled Chicken on a WGR Sandwich Roll PC pkts Honey Mustard ¼ c (O) Lettuce and ¼ c (R) Tomato w/ PC pkts Italian Dressing ¼ c (S) Potato Salad ½ c Pear 1 % Unflavored or FF Flavored Milk</p>
<p>23 Breakfast: Raspberry Cream Bar Sunflower Kernals Raisins 100% Juice Milk</p> <p>Lunch: (6) Italian Meatball Sandwich in ¼ c (R) Tomato Sauce ½ c (G) Broccoli ¼ c (O) Cucumber Coins 1 ea WGR Grinder Roll ½ c Peaches 1 % Unflavored or FF Flavored Milk</p>	<p>24 Breakfast: 1oz Honey Scooters Granola Applesauce 100% Juice Milk</p> <p>Lunch: 3 ea WGR Breaded Chicken Tenders PC pkts BBQ Sauce ½ c (S) Mashed Potatoes ¼ c (R) Cold Baby Carrots 1 slice WGR Bread ½ c Applesauce 1 % Unflavored or FF Flavored Milk</p>	<p>25 Breakfast: 1oz RS Cinnamon Toast Crunch Grahams Applesauce 100% Juice Milk</p> <p>Lunch: 1c – (L) ¼ c (R) ¼ c Turkey Chili w/ Beans ½ c WGR Rice & ¼ c (L) Beans ½ c (S) Golden Corn 1oz WGR Tortilla Scoops ½ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>	<p>26 Breakfast: Yogurt Grahams Fresh Fruit 100% Juice Milk</p> <p>Lunch: 1 ea Chicken Parmesan ½ c WGR Pasta w/ ½ c (R) Tomato Sauce ½ c (R) Carrots 1 ea WGR Dinner Roll ½ c Mandarin Oranges 1 % Unflavored or FF Flavored Milk</p>	<p>27 Breakfast: 1oz RS Frosted Flakes Hard Boiled Egg Raisins 100% Juice Milk</p> <p>Lunch: 3oz – 1 ea Chicken Salad on a WGR Kaiser Roll ½ c (O) Iceberg Salad w/ ¼ c (L) Chickpeas and ¼ c (R) Tomatoes in Italian Dressing ½ c Mixed Fruit 1 % Unflavored or FF Flavored Milk</p>

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<p>30</p> <p style="text-align: center;">NO SCHOOL</p>	<p>1</p> <p>Breakfast: 100% Juice Milk</p> <p>Lunch: 1 ea Hamburger on a WGR Hamburger Bun $\frac{1}{2}$ c (R) Sweet Potato Tots $\frac{1}{4}$ c (O) Cole slaw $\frac{1}{2}$ c Pear 1 % Unflavored or FF Flavored Milk</p>	<p>2</p> <p>Breakfast: 100% Juice Milk</p> <p>Lunch: 2/3 c Macaroni & Cheese $\frac{1}{2}$ c (G) Broccoli $\frac{1}{4}$ c (R) Cold Baby Carrots 1 ea WGR Dinner Roll $\frac{1}{2}$ c Peaches 1 % Unflavored or FF Flavored Milk</p>	<p>3</p> <p>Breakfast: 100% Juice Milk</p> <p>Lunch: 5 ea WGR Breaded Chicken Nugget Chunks PC pkts BBQ Sauce $\frac{1}{2}$ c (L) Baked Beans $\frac{1}{4}$ c (S) Corn 1 slice WGR Bread $\frac{1}{2}$ c Applesauce 1 % Unflavored or FF Flavored Milk</p>	<p>4</p> <p>Breakfast: 100% Juice Milk</p> <p>Lunch: 2oz Roast Turkey 1oz American Cheese w/ $\frac{1}{2}$ c (O) Shredded Iceberg $\frac{1}{4}$ c (O) Cucumber & $\frac{1}{4}$ c (R) Tomato Salad in PC pkts Italian Dressing 1 ea WGR Sandwich Roll $\frac{1}{2}$ c Seasonal Fruit 1 % Unflavored or FF Flavored Milk</p>