

PARK CITY PREP CHARTER SCHOOL – BRIDGEPORT, CT

GRADES 5-8

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17 Breakfast: WG RS Frosted Flakes WG Grahams Applesauce 100% Fruit Juice 4oz 1% Milk</p> <p>Lunch: WGR Chicken Tenders 2 each BBQ Sauce Mashed Potatoes (S) ½ c Cold Baby Carrots (R) ¼ c WGR Corn Muffin 1 each Applesauce ½ c 1 % Milk</p>	<p>18 Breakfast: WG Straw. Frosted Mini Wheats Strawberry Applesauce 100% Fruit Juice 4oz 1% 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 % Milk</p>	<p>19 Breakfast: WG Honey Scooters WG Grahams Fresh Fruit 100% Fruit Juice 4oz 1% 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 1oz Seasonal Fruit ½ c 1 % Milk</p>	<p>20 Breakfast: WG RS Cinnamon Toast Crunch WG Honey Grahams Applesauce 100% Fruit Juice 4oz 1% 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 % Milk</p>	<p>21 Breakfast: WG RS Trix WG Grahams Applesauce 100% Fruit Juice 4oz 1% Milk</p> <p>Lunch: Roast Turkey Sandwich 3oz w/ ½ c Shredded Iceberg Green Salad (G) ¼ c with Chickpeas (L) ¼ c Dressing WGR Sandwich Roll 1 each Mixed Fruit ½ c 1 % Milk</p>

