

Lunch Menu

September 2021

PUC Community

Charter Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie Fruit- Banana 1% White Milk Fat Free White Milk	2 BBQ Plant-Based Chicken Tenders w/ Potato Wedges & Dinner Roll Baby Carrots Fruit-Orange 1% White Milk Fat Free White Milk	3 Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch 100% Fruit Juice 1% White Milk Fat Free White Milk
6 	7 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Chicken Nuggets & Mash Pinto Beans Salad Fruit-Banana 1% White Milk Fat Free White Milk	9 Chicken Burrito Bowl w/ Whole Grain Dessert Baby Carrots Fruit-Orange 1% White Milk Fat Free White Milk	10 Beef, Bean & Cheese Burrito House Salad w/ Italian 100% Fruit Juice 1% White Milk Fat Free White Milk
13 Chicken Patty Burger w/ Oven Baked Fries Fruit-Apple 1% White Milk Fat Free White Milk	14 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Chicken Nuggets & Mash Jicama & Bean Salad w/ Tajin Dressing Fruit-Banana 1% White Milk Fat Free White Milk	16 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots Fruit-Orange 1% White Milk Fat Free White Milk	17 Mac & Cheese w/ Whole Grain Dessert Kale & Green Apple Salad w/ Ranch 100% Fruit Juice 1% White Milk Fat Free White Milk
20 Cheeseburger w/ Oven Baked Fries Fruit-Apple 1% White Milk Fat Free White Milk	21 Turkey Chili w/ Original Popped Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Orange Chicken w/ "Not So Fried" Rice Sweet Edamame Salad Fruit-Banana 1% White Milk Fat Free White Milk	23 Chicken & Cheese Pita Sandwich w/Cucumber Slices Baby Carrots Fruit-Orange 1% White Milk Fat Free White Milk	24 Hamburger w/BBQ Popped Chips Lettuce, Tomato, Pickle Kit 100% Fruit Juice 1% White Milk Fat Free White Milk
27 Beef Hot Dog w/ Oven Baked Fries Fruit-Apple 1% White Milk Fat Free White Milk	28 Chicken Tamale w/ Mixed Vegetables Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Chicken Nuggets & Mash Tuscan White Bean Salad Fruit-Banana 1% White Milk Fat Free White Milk	30 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Baby Carrots Fruit-Orange 1% White Milk Fat Free White Milk	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.