

# Breakfast Menu



September 2021

Charter Academy

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	2 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	3 Pan Dulce Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
6 	7 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit 1% White Milk Fat Free White Milk	8 Mantecada Sweet Bread Pear Whole Fruit 2 1% White Milk Fat Free White Milk	9 Breakfast Cheese Tamale Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	10 Pineapple Empanada Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
13 Chocolate Chip Muffin Flat 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	14 Apple Jacks w/ Cinnamon Grahams Orange Whole Fruit 1% White Milk Fat Free White Milk	15 Frosted Mini Wheats w/ Strawberry Grahams Whole Fruit 1% White Milk Fat Free White Milk	16 Egg & Cheese Sandwich Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	17 Mini Soybutter & Jelly Sandwich Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
20 Coffee Cake 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	21 Mini Banana Pancakes Orange Whole Fruit 1% White Milk Fat Free White Milk	22 Fruit Yogurt Parfait Granola Pear Whole Fruit 2 1% White Milk Fat Free White Milk	23 Chicken & Waffle w/ Syrup Whole Fruit 100% Fruit Juice 2 1% White Milk Fat Free White Milk	24 Strawberry Muffin Green Apple Whole Fruit 2 1% White Milk Fat Free White Milk
27 Cinnamon Delight 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk	28 French Toast Orange Whole Fruit 1% White Milk Fat Free White Milk	29 Cranberry Oatmeal Round Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	30 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 2 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.



# Lunch Menu



September 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Nuggets & Mash Tuscan White Bean Salad Banana 1% White Milk Fat Free White Milk	2 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	3 Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch 100% Fruit Juice 3 1% White Milk Fat Free Chocolate Milk
6 	7 Beef Nachos w/ Tortilla Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Meatloaf Mash & Gravy & Dinner Roll Pinto Bean Salad Banana 1% White Milk Fat Free White Milk	9 Chicken Burrito Bowl w/ Whole Grain Dessert Baby Carrots 2 Orange	10 Meatball Sub Sandwich House Salad w/ Italian 100% Fruit Juice 3 1% White Milk Fat Free Chocolate Milk
13 Chicken Patty Burger w/ Oven Baked Fries Apple 1% White Milk Fat Free White Milk	14 Cheese Lasagna w/ Tomato Basil Sauce Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Chicken Nuggets & Mash Jicama & Bean Salad w/ Tajin Dressing Banana	16 Breakfast for Lunch: Pancakes, Chicken Sausage & Seasoned Wedges Baby Carrots 2 Orange	17 Mac & Cheese w/ Whole Grain Dessert Kale & Green Apple Salad w/ Ranch 100% Fruit Juice 3
20 Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries 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 Banana 1% White Milk Fat Free White Milk	23 Spaghetti & Meatballs Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	24 Hamburger w/ BBQ Popped Chips Lettuce, Tomato, Pickle Kit 100% Fruit Juice 3 1% White Milk
27 Cheeseburger w/ Oven Baked Fries 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 Alfredo Pasta w/ Steamed Broccoli & Whole Grain Cookie Tuscan White Bean Salad Banana	30 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Carrots 2 Orange 1% White Milk	

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