


LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12	13	14	15	16	
	<p><u>BREAKFAST</u> Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Chicken Strips WG Breaded BBQ Sauce Pork and Beans Seasonal Fruit Annie's WG Crackers Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> BBQ Meatballs</p>	<p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Mostaccioli Meat Sauce Green Beans w/Margarine Jell-O w/Peaches WG Roll/margarine Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Meatless Mostaccioli</p>	<p><u>BREAKFAST</u> Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Pepperoni Pizza WG Carrot Sticks Lite Ranch Pears Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Vegetable Lasagna</p>	<p><u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Popcorn Chicken Broccoli w/margarine Season Fruit Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Soy Nuggets</p>	
	19	20	21	22	23
	<p><u>BREAKFAST</u> Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Gardenburger</p>	<p><u>BREAKFAST</u> Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Veggie Beef Chili</p>	<p><u>BREAKFAST</u> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Turkey Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Veggie Corn Dog</p>	<p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Soft Beef Taco Shredded Lettuce/Tomatoes Fiesta Beans Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Veggie Beef Taco</p>	<p><u>BREAKFAST</u> Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Mac and Cheese Green Beans Roll, WG Mixed Fruit Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Mac and Cheese</p>
26	27	28	29	30	
<p><u>BREAKFAST</u> Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Macho Nachos Fiesta Beans Fresh Broccoli Light Ranch Dressing Mandarin Oranges Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Nachos</p>	<p><u>BREAKFAST</u> Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Prince Edward Vegetables Jell-O w/Fruit Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Veggie Hot Dog</p>	<p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Black Bean Burger</p>	<p><u>BREAKFAST</u> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Boneless Chicken Drumsticks Homemade Mashed Potatoes/Grav Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Soy Nuggets</p>	<p><u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>VEGETARIAN OPTION</u> Cheese Pizza</p>	

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