



# LA SALLE CHARTER SCHOOL

## BREAKFAST, LUNCH & AFTERNOON SNACK MENU

### DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
				
7	8	9	10	11
<p><b><u>BREAKFAST</u></b> Cereal Scrambled Egg Waffle WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Toasted Beef Ravioli Homemade Spag. Sauce w/meat Fresh Greens w/orange sunshine dr. Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> String Cheese &amp; Crackers Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce Skim Milk 1C WG Roll</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Cereal 6 oz. Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Chicken Nuggets Green Beans w/margarine Pears, Diced Lt Syrup Animal Crackers Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Pancakes/Syrup Turkey Sausage Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Skim Milk 1C Graham Cracker</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Wheat Crackers Applesauce 6 oz.</p>	<p><b><u>BREAKFAST</u></b> Cereal Bagel &amp; Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Fish Nuggets Carrots/margarine Celery Sticks Peaches Skim Milk 1C Lt. Ranch</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>
14	15	16	17	18
<p><b><u>BREAKFAST</u></b> Egg Patty Blueberry Muffin Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Grilled Hamburger on Bun WG Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Elf Grahams Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Chicken Strips WG Breaded BBQ Sauce Pork and Beans Seasonal Fruit Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Fruit cup 3/4 C Cheese 1 oz.</p>	<p><b><u>BREAKFAST</u></b> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Mostaccioli Meat Sauce Green Beans w/Margarine Jell-O w/Peaches WG Roll/margarine Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> Chicken Patty Broccoli, fresh w/margarine Fresh Fruit Chocolate Teddy Grahams Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>	<p><b><u>BREAKFAST</u></b> Cereal Bagel &amp; Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b><u>LUNCH</u></b> WG Breaded Pollock Carrots, Frozen Seasonal Fruit Roll, WG Skim Milk 1C</p> <p><b><u>AFTER SCHOOL SNACK</u></b> Strawberry Yogurt 4 oz. Fruit Slices 6 oz.</p>
21	22	23	24	25
				
28	29	30	31	
				

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