

# LA SALLE CHARTER SCHOOL

## BREAKFAST, LUNCH & AFTERNOON SNACK MENU

### DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b><u>BREAKFAST</u></b> Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Macho Nachos Fiesta Beans Fresh Broccoli Light Ranch Dressing Mandarin Oranges Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Nachos	<b><u>BREAKFAST</u></b> Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Prince Edward Vegetables Jell-O w/Fruit Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Veggie Hot Dog	<b><u>BREAKFAST</u></b> Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Black Bean Burger	<b><u>BREAKFAST</u></b> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Boneless Chicken Drumsticks Homemade Mashed Potatoes/Grav Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Soy Nuggets	<b><u>BREAKFAST</u></b> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Cheese Pizza
9	10	11	12	13
<b><u>BREAKFAST</u></b> Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Cheese Ravioli Casserole	<b><u>BREAKFAST</u></b> Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Taco Salad with Beef Fiesta Beans Fresh Fruit/Seasonal Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Taco Salad with veggie beef	<b><u>BREAKFAST</u></b> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> WG Hot & Spicy Chicken Patty on WG Bun Carrots, margarine Fruit cocktail WG Annie's Crackers Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Black Bean Burger	<b><u>BREAKFAST</u></b> Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Loaded Baked Potato	<b><u>BREAKFAST</u></b> Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Bosco Stick Homemade Spaghetti Sauce
16	17	18	19	20
<b><u>BREAKFAST</u></b> Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Chicken Drumsticks Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Veggie Hot Dog	<b><u>BREAKFAST</u></b> Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Sloppy Joe on a Roll Corn on the Cob Jell-O w/Fruit Margarine Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Garden Burger	<b><u>BREAKFAST</u></b> Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Pasta Primavera	<b><u>BREAKFAST</u></b> Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Santa Fe Wrap Fiesta Beans Chilled Fruit Lettuce, Tomato Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Meatless Santa Fe Wrap	<b><u>BREAKFAST</u></b> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <b><u>LUNCH</u></b> Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk 1C <b><u>VEGETARIAN OPTION</u></b> Grilled Cheese Sandwich
23	24	25	26	27
30	31			

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