




LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4	5	6	7	8
BREAKFAST Bagel w/cream cheese Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C	BREAKFAST Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C AFTER SCHOOL SNACK Graham Crackers 4 squares Skim Milk 1C	BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Turkey Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C AFTER SCHOOL SNACK Annie's WG Bunny Crackers Skim Milk 1C	BREAKFAST Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Finger-Lickin' Chicken Corn, seasoned, w/margarine Baked Beans Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Fresh Fruit 3/4 C	NO SCHOOL
11	12	13	14	15
BREAKFAST Cereal Scrambled Egg Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Macho Nachos Fiesta Beans Fresh Broccoli Light Ranch Dressing Mandarin Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C	BREAKFAST Pancake (2) w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH All-Beef Hot Dog on WG Bun Mustard Prince Edward Vegetables Seasonal Fruit Skim Milk 1C AFTER SCHOOL SNACK Hot n Spicy Chex Mix #6963722 Skim Milk 1C	BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Grilled Hamburger on WG Bun Lettuce & Tomato Catsup Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK WG Strawberry Pop-Tart Skim Milk 1C	BREAKFAST Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C AFTER SCHOOL SNACK WG Cheez-its Skim Milk 1C	BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Bug Bites #385621 Skim Milk 1C
18	19	20	21	22
NO SCHOOL	BREAKFAST Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Taco Salad with Beef Fiesta Beans Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Strawberry Yogurt 4 oz. Fruit Slices 6 oz.	BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Hot & Spicy Chicken Patty on WG Bun Carrots Fruit cocktail Bug Bites Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Skim Milk 1C	BREAKFAST Bagel/cream cheese Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK WG Goldfish Crackers Skim Milk 1C	BREAKFAST Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C AFTER SCHOOL SNACK Fresh Fruit/Seasonal Cereal 6 oz.
25	26	27	28	29
BREAKFAST Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Chicken Chili Flauta (Tornado) Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C AFTER SCHOOL SNACK String Cheese 1 oz. Grapes 6 oz.	BREAKFAST Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sloppy Joe on a Roll Cowboy Corn Salad Jell-O w/Fruit Cinnamon Teddy Grahams Skim Milk 1C AFTER SCHOOL SNACK Cereal 6 oz. Skim Milk 1C	BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C AFTER SCHOOL SNACK Graham Crackers 4 squares Applesauce 6 oz.	BREAKFAST Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Santa Fe Wrap Lettuce , Tomato Fiesta Beans Chilled Fruit Skim Milk 1C AFTER SCHOOL SNACK Annie's WG Bunny Crackers Skim Milk 1C	BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Annie's Crackers Skim Milk 1C AFTER SCHOOL SNACK Pineapples Chunks or Grapes 6 oz. Animal Crackers 9



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