

# LA SALLE CHARTER SCHOOL

## BREAKFAST, LUNCH & AFTERNOON SNACK MENU

### JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
				
		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
<p><b>BREAKFAST</b> Biscuit &amp; Gravy Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Chicken Patty, baked/WG Bun Cowboy Corn Salad Fresh Fruit/Seasonal Annie's Crackers Mayo, Lt. Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Lemon-Dijon Chik Patty &amp; Veggie Wrap</p>	<p><b>BREAKFAST</b> Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Sweet Sesame Chicken Stir Fry Steamed Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> General Tso Chik'n Nuggets</p>	<p><b>BREAKFAST</b> Pancakes (2) Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Turkey Sandwich on Whole Grain Bread/Lt. Mayo Fresh Broccoli/Lt. Ranch Lettuce &amp; Tomato Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Veggie Wrap</p>	<p><b>BREAKFAST</b> Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Finger-Lickin' Chicken Corn, seasoned, w/margarine Baked Beans WG Bread/Margarine Chilled Fruit Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Vegetable soup</p>	<p><b>BREAKFAST</b> Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Beef and Bean Burrito Tossed Romaine Salad Dressing, Lite Italian Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Bean and Cheese Burrito</p>
13	14	15	16	17
<p><b>BREAKFAST</b> Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce WG Roll/Margarine Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Toasted Cheese Ravioli</p>	<p><b>BREAKFAST</b> Pancakes w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Toasted Beef Ravioli Homemade Spag. Sauce w/meat Fresh Greens w/Orange Sunshine D Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> BBQ Meatballs</p>	<p><b>BREAKFAST</b> Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Chicken Nuggets Green Beans Pears, Diced Lt Syrup Animal Crackers Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Soy Nuggets</p>	<p><b>BREAKFAST</b> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Graham Cracker Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Peasy Black Bean Quesadilla Triang</p>	<p><b>BREAKFAST</b> Cereal Bagel &amp; Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Chicken Wrap Carrots/margarine Celery Sticks Peaches Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Veggie Wrap</p>
20	21	22	23	24
NO SCHOOL	<p><b>BREAKFAST</b> Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Chicken Strips WG Breaded BBQ Sauce Pork and Beans Seasonal Fruit Annie's WG Crackers Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> BBQ Meatballs</p>	<p><b>BREAKFAST</b> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Mostaccioli Meat Sauce Green Beans w/Margarine Jell-O w/Peaches WG Roll/margarine Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Meatless Mostaccioli</p>	<p><b>BREAKFAST</b> Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Pepperoni Pizza WG Carrot Sticks Lite Ranch Pears Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Vegetable Lasagna</p>	<p><b>BREAKFAST</b> Cereal Bagel &amp; Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Popcorn Chicken Broccoli w/margarine Season Fruit Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Soy Nuggets</p>
				
27	28	29	30	31
<p><b>BREAKFAST</b> Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Gardenburger</p>	<p><b>BREAKFAST</b> Cereal French Toast Sticks, WG &amp; Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Veggie Beef Chili</p>	<p><b>BREAKFAST</b> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Turkey Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Veggie Corn Dog</p>	<p><b>BREAKFAST</b> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Soft Beef Taco Shredded Lettuce/Tomatoes Fiesta Beans Fresh Fruit/Seasonal Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Veggie Beef Taco</p>	<p><b>BREAKFAST</b> Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><b>LUNCH</b> Mac and Cheese Green Beans Roll, WG Mixed Fruit Skim Milk 1C</p> <p><b>VEGETARIAN OPTION</b> Mac and Cheese</p>

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