

LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p><u>BREAKFAST</u> Biscuit & Gravy Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Soft Beef Taco w/lettuce, tomato Fiesta Beans Corn, seasoned, w/margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Wheat Crackers (8) Banana</p>	<p><u>BREAKFAST</u> Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Sweet Sesame Chicken Stir Fry Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Goldfish Crackers Skim Milk 1C</p>	<p><u>BREAKFAST</u> Hard-Boiled Egg Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Pepperoni Pizza Fresh Veggies Lt. Ranch Fresh Fruit/Seasonal Skim Milk, 1C</p> <p><u>AFTER SCHOOL SNACK</u> Blueberry Muffin Skim Milk 1C</p>	<p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Turkey Sandwich/WG bread Broccoli, fresh w/lc. Ranch Lt. Mayo Fresh Fruit/Seasonal Lettuce, Tomato Skim Milk, 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry Yogurt, nonfat Fruit Slices 6 oz.</p>	<p><u>BREAKFAST</u> Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Beef and Bean Burrito Tossed Romaine Salad Dressing, Lite Italian Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Bug Bites Skim Milk 1C</p>
10	11	12	13	14
<p><u>BREAKFAST</u> Cereal Scrambled Egg Waffle WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Toasted Beef Ravioli Homemade Spag. Sauce w/meat Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> String Cheese & Crackers Skim Milk 1C</p>	<p><u>BREAKFAST</u> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce Skim Milk 1C WG Roll</p> <p><u>AFTER SCHOOL SNACK</u> Cereal 6 oz. Skim Milk 1C</p>	<p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Chicken Nuggets Green Beans w/margarine Pears, Diced Lt Syrup Animal Crackers Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p><u>BREAKFAST</u> Pancakes/Syrup Turkey Sausage Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Skim Milk 1C Graham Cracker</p> <p><u>AFTER SCHOOL SNACK</u> Wheat Crackers Applesauce 6 oz.</p>	<p><u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Fish Nuggets Carrots/margarine Celery Sticks Peaches Skim Milk 1C Lt. Ranch</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>
17	18	19	20	21
<p><u>BREAKFAST</u> Egg Patty Blueberry Muffin Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Grilled Hamburger on Bun WG Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Elf Grahams Skim Milk 1C</p>	<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 Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Fruit cup 3/4 C Cheese 1 oz.</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>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix #6963722 Skim Milk 1C</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> Chicken Patty Broccoli, fresh w/margarine Fresh Fruit Chocolate Teddy Grahams Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>	<p><u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> WG Breaded Pollock Carrots, Frozen Seasonal Fruit Roll, WG Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry Yogurt 4 oz. Fruit Slices 6 oz.</p>
24	25	26	27	28
<p><u>BREAKFAST</u> Bagel w/cream cheese 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>AFTER SCHOOL SNACK</u> String Cheese & Crackers Skim Milk 1C</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>AFTER SCHOOL SNACK</u> Graham Crackers 4 squares Skim Milk 1C</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>AFTER SCHOOL SNACK</u> Annie's WG Bunny Crackers Skim Milk 1C</p>		

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