

LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

SEPTEMBER 2019

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
NO SCHOOL	<p>BREAKFAST Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Taco Salad with Beef Fiesta Beans Fresh Fruit/Seasonal Skim Milk 1C</p> <p>VEGETARIAN OPTION Taco Salad with veggie beef</p>	<p>BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH WG Hot & Spicy Chicken Patty on WG Bun Carrots, margarine Fruit cocktail WG Annie's Crackers Skim Milk 1C</p> <p>VEGETARIAN OPTION Black Bean Burger</p>	<p>BREAKFAST Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p>VEGETARIAN OPTION Loaded Baked Potato</p>	<p>BREAKFAST Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C</p> <p>VEGETARIAN OPTION Bosco Stick Homemade Spaghetti Sauce</p>
				
9	10	11	12	13
<p>BREAKFAST Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Chicken Drumsticks Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C</p> <p>VEGETARIAN OPTION Veggie Hot Dog</p>	<p>BREAKFAST Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Sloppy Joe on a Roll Corn on the Cob Jell-O w/Fruit Margarine Skim Milk 1C</p> <p>VEGETARIAN OPTION Garden Burger</p>	<p>BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C</p> <p>VEGETARIAN OPTION Pasta Primavera</p>	<p>BREAKFAST Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Santa Fe Wrap Fiesta Beans Chilled Fruit Lettuce, Tomato Skim Milk 1C</p> <p>VEGETARIAN OPTION Meatless Santa Fe Wrap</p>	<p>BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk 1C</p> <p>VEGETARIAN OPTION Grilled Cheese Sandwich</p>
16	17	18	19	20
<p>BREAKFAST Biscuit & Gravy Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Chicken Patty, baked/WG Bun Cowboy Corn Salad Fresh Fruit/Seasonal Annie's Crackers Mayo, Lt. Skim Milk 1C</p> <p>VEGETARIAN OPTION Lemon-Dijon Chik Patty & Veggie Wrap</p>	<p>BREAKFAST Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Sweet Sesame Chicken Stir Fry Steamed Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p>VEGETARIAN OPTION General Tso Chik'n Nuggets</p>	<p>BREAKFAST Pancakes (2) Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Turkey Sandwich on Whole Grain Bread/Lt. Mayo Fresh Broccoli/Lt. Ranch Lettuce & Tomato Fresh Fruit/Seasonal Skim Milk 1C</p> <p>VEGETARIAN OPTION Veggie Wrap</p>	<p>BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Finger-Lickin' Chicken Corn, seasoned, w/margarine Baked Beans WG Bread/Margarine Chilled Fruit Skim Milk 1C</p> <p>VEGETARIAN OPTION Vegetable soup</p>	<p>BREAKFAST Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Beef and Bean Burrito Tossed Romaine Salad Dressing, Lite Italian Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C</p> <p>VEGETARIAN OPTION Bean and Cheese Burrito</p>
23	24	25	26	27
<p>BREAKFAST Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce WG Roll/Margarine Skim Milk 1C</p> <p>VEGETARIAN OPTION Toasted Cheese Ravioli</p>	<p>BREAKFAST Pancakes w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH 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>VEGETARIAN OPTION BBQ Meatballs</p>	<p>BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Chicken Nuggets Green Beans Pears, Diced Lt Syrup Animal Crackers Skim Milk 1C</p> <p>VEGETARIAN OPTION Soy Nuggets</p>	<p>BREAKFAST Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Graham Cracker Skim Milk 1C</p> <p>VEGETARIAN OPTION Cheesy Black Bean Quesadilla Triangles</p>	<p>STAR BREAKFAST</p>  <p>LUNCH Chicken Wrap Carrots/margarine Celery Sticks Peaches Skim Milk 1C</p> <p>VEGETARIAN OPTION Veggie Wrap</p>
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<p>BREAKFAST Egg Patty Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH Grilled Hamburger on Bun WG Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C</p> <p>VEGETARIAN OPTION Gardenburger</p>				



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