

LA SALLE CHARTER SCHOOL
BREAKFAST, LUNCH & AFTERNOON SNACK MENU
NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p align="center">1</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> Finger-Lickin' Chicken Corn, seasoned, w/margarine Baked Beans WG Bread/Margarine Chilled Fruit Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry Yogurt, nonfat Fruit Slices 6 oz.</p>	<p align="center">2</p> <p align="center">NO SCHOOL</p>
			<p align="center">5</p> <p><u>BREAKFAST</u> Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Toasted Beef Ravioli Homemade Spag. Sauce w/meat Fresh Greens w/orange sunshine dr.</p> <p>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 align="center">6</p> <p><u>BREAKFAST</u> Pancakes w/Syrup Sausage 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/Margarine</p> <p><u>AFTER SCHOOL SNACK</u> Cereal 6 oz. Skim Milk 1C</p>
<p align="center">12</p> <p><u>BREAKFAST</u> Egg Patty Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Grilled Hamburger on Bun Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Elf Grahams Skim Milk 1C</p>	<p align="center">13</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 Honey Graham Crackers Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Fruit cup 3/4 C Cheese 1 oz.</p>	<p align="center">14</p> <p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> WG Mostaccioli Meat Sauce Green Beans w/Margarine 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 align="center">15</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> Pepperoni Pizza Carrot Sticks Lite Ranch Pears Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>	<p align="center">16</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 Broccoli w/margarine Season Fruit Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Strawberry Yogurt 4 oz. Fruit Slices 6 oz.</p>
<p align="center">19</p> <p><u>BREAKFAST</u> Biscuit w/margarine 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 align="center">20</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 align="center">21</p> <p align="center">NO SCHOOL</p>	<p align="center">22</p> <p align="center">NO SCHOOL</p>	<p align="center">23</p> <p align="center">NO SCHOOL</p>
<p align="center">26</p> <p><u>BREAKFAST</u> Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> String Cheese & Crackers Skim Milk 1C</p>	<p align="center">27</p> <p><u>BREAKFAST</u> Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p align="center">28</p> <p><u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> WG Strawberry Pop-Tart Skim Milk 1C</p>	<p align="center">29</p> <p><u>BREAKFAST</u> Cereal Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> WG Cheez-its Skim Milk 1C</p>	<p align="center">30</p> <p><u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p><u>LUNCH</u> WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C</p> <p><u>AFTER SCHOOL SNACK</u> Bug Bites #385621 Skim Milk 1C</p>



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