






# LA SALLE CHARTER SCHOOL

## BREAKFAST, LUNCH & AFTERNOON SNACK MENU

### DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<u><b>BREAKFAST</b></u> Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Veggies & Dip 6 oz. Wheat Crackers (8) #1007558	<u><b>BREAKFAST</b></u> Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> Taco Salad with Beef Refried Beans Fresh Fruit/Seasonal Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Strawberry Yogurt 4 oz. Fruit Slices 6 oz.	<u><b>BREAKFAST</b></u> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> WG Hot & Spicy Chicken Patty on WG Bun Carrots, margarine Fruit cocktail WG Animal Crackers Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Blueberry Muffin Skim Milk 1C	<u><b>BREAKFAST</b></u> Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> WG Goldfish Crackers Skim Milk 1C	<u><b>BREAKFAST</b></u> Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Fresh Fruit/Seasonal Cereal 6 oz.
10	11	12	13	14
<u><b>BREAKFAST</b></u> Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> Southwest Chicken Flauta (Tornado) Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> String Cheese 1 oz. Grapes 6 oz.	<u><b>BREAKFAST</b></u> Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> Sloppy Joe on a Roll Corn on the Cob Fresh Fruit/Seasonal Margarine Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Cereal 6 oz. Skim Milk 1C	<u><b>BREAKFAST</b></u> Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Graham Crackers 4 squares Applesauce 6 oz.	<u><b>BREAKFAST</b></u> Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C  <u><b>LUNCH</b></u> Santa Fe Wrap Refried Beans Chilled Fruit Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Annie's WG Bunny Crackers Skim Milk 1C	<u><b>BREAKFAST</b></u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <div style="text-align: center; background-color: yellow; border: 1px solid black; padding: 2px;"> <b>STAR LUNCH!</b> </div> <u><b>LUNCH</b></u> Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Pineapples Chunks or Grapes 6 oz. Animal Crackers 9
17	18	19	20	21
<u><b>BREAKFAST</b></u> Biscuit & Gravy Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> Chicken Patty, baked/WG Bun Cowboy Corn Salad Fresh Fruit/Seasonal Chocolate Teddy Grahams Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Wheat Crackers (8) Banana	<u><b>BREAKFAST</b></u> Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> Sweet Sesame Chicken Stir Fry Steamed Brown Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Goldfish Crackers Skim Milk 1C	<u><b>BREAKFAST</b></u> Pancakes (2) Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u><b>LUNCH</b></u> Turkey Sandwich on Whole Grain Bread/Lt. Mayo Fresh Broccoli/Lt. Ranch Lettuce & Tomato Fresh Fruit/Seasonal Skim Milk 1C  <u><b>AFTER SCHOOL SNACK</b></u> Blueberry Muffin Skim Milk 1C	NO SCHOOL	NO SCHOOL
24	25	26	27	28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
				
31				
				

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