LA SALLE CHARTER SCHOOL
BREAKFAST, LUNCH & AFTERNOON SNACK MENU
FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 **BREAKFAST** Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** Bug Bites #385621 Skim Milk 1C
4 **BREAKFAST** Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Chicken Fettuccine Green Peas WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** Veggies & Dip 6 oz. Wheat Crackers (8) #1007558	5 **BREAKFAST** Cereal French Toast Sticks WG/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Taco Salad with Beef Refried Beans Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** Strawberry Yogurt 4 oz. Fruit Slices 6 oz.	6 **BREAKFAST** Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** WG Hot & Spicy Chicken Patty on WG Bun Carrots, margarine Fruit cocktail WG Animal Crackers Skim Milk 1C **AFTER SCHOOL SNACK** Blueberry Muffin Skim Milk 1C	7 **BREAKFAST** Biscuit /Margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Home-Roasted Turkey Breast Roasted Sweet Potatoes Green Beans w/Margarine Slice WG Bread w/Margarine Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** WG Goldfish Crackers Skim Milk 1C	8 **BREAKFAST** Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asstd. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C **AFTER SCHOOL SNACK** Fresh Fruit/Seasonal Cereal 6 oz.
11 **BREAKFAST** Cereal String cheese Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Southwest Chicken Flauta (Tornado) Romaine Salad/Lt. Dressing Green Beans Slice of WG Bread Chilled Fruit Skim Milk 1C **AFTER SCHOOL SNACK** String Cheese 1 oz. Grapes 6 oz.	12 **BREAKFAST** Pancakes w/Syrup Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Sloppy Joe on a Roll Corn on the Cob Fresh Fruit/Seasonal Margarine Skim Milk 1C **AFTER SCHOOL SNACK** Cereal 6 oz. Skim Milk 1C	13 **BREAKFAST** Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** WG Popcorn Chicken Oven Roasted Potatoes Carrots Catsup Fresh Fruit/Seasonal WG Roll/margarine Skim Milk 1C **AFTER SCHOOL SNACK** Graham Crackers 4 squares Applesauce 6 oz.	14 **BREAKFAST** Blueberry Muffin Egg Patty Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Santa Fe Wrap Refried Beans Chilled Fruit Skim Milk 1C **AFTER SCHOOL SNACK** Annie's WG Bunny Crackers Skim Milk 1C	15 **BREAKFAST** Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Grilled Cheese Sandwich Fresh Broccoli w/Margarine Fresh Fruit/Seasonal Cinnamon Teddy Grahams Skim Milk 1C **AFTER SCHOOL SNACK** Pineapples Chunks or Grapes 6 oz. Animal Crackers 9
18 NO SCHOOL PRESIDENT'S DAY	19 **BREAKFAST** Cereal French Toast Stix WG w/Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Sweet Sesame Chicken Stir Fry Steamed Brown Rice Green Beans WG Roll/Margarine Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** Goldfish Crackers Skim Milk 1C	20 **BREAKFAST** Pancakes (2) Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Turkey Sandwich on Whole Grain Bread/Lt. Mayo Fresh Broccoli/Lt. Ranch Lettuce & Tomato Fresh Fruit/Seasonal Skim Milk 1C **AFTER SCHOOL SNACK** Blueberry Muffin Skim Milk 1C	21 **BREAKFAST** Cereal Yogurt, Strawberry nonfat Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Finger-Lickin' Chicken Corn, seasoned, w/margarine Baked Beans WG Bread/Margarine Chilled Fruit Skim Milk 1C **AFTER SCHOOL SNACK** Strawberry Yogurt, nonfat Fruit Slices 6 oz.	22 **BREAKFAST** Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **STAR LUNCH!** **AFTER SCHOOL SNACK** Bug Bites Skim Milk 1C
25 **BREAKFAST** Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **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 **AFTER SCHOOL SNACK** String Cheese & Crackers Skim Milk 1C	26 **BREAKFAST** Pancakes w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce Skim Milk 1C WG Roll/Margarine **AFTER SCHOOL SNACK** Cereal 6 oz. Skim Milk 1C	27 **BREAKFAST** Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Quirky Quesadilla Taco Beef Filling Green Beans Pears, Diced Lt Syrup Skim Milk 1C Animal Crackers **AFTER SCHOOL SNACK** Hot n Spicy Chex Mix #6963722 Skim Milk 1C	28 **BREAKFAST** Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C **LUNCH** Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Skim Milk 1C Graham Cracker **AFTER SCHOOL SNACK** Wheat Crackers Applesauce 6 oz.	

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