


LA SALLE CHARTER SCHOOL

BREAKFAST, LUNCH & AFTERNOON SNACK MENU

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
7	8	9	10	11
<p>BREAKFAST</p> <p>Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>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>AFTER SCHOOL SNACK</p> <p>String Cheese & Crackers Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Pancakes w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>BBQ Chicken Baked Cinnamon Apples Green Peas BBQ Sauce Skim Milk 1C WG Roll/Margarine</p> <p>AFTER SCHOOL SNACK</p> <p>Cereal 6 oz. Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Cereal Yogurt, Strawberry nonfat Graham Crackers 3 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Quirky Quesadilla Taco Beef Filling Green Beans Pears, Diced Lt Syrup Skim Milk 1C Animal Crackers</p> <p>AFTER SCHOOL SNACK</p> <p>Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Deli Sub on WG bun Baked Beans Fresh Fruit/Seasonal Skim Milk 1C Graham Cracker</p> <p>AFTER SCHOOL SNACK</p> <p>Wheat Crackers Applesauce 6 oz.</p>	<p>BREAKFAST</p> <p>Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Fish Nuggets Carrots/margarine Celery Sticks Peaches Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>
14	15	16	17	18
<p>BREAKFAST</p> <p>Egg Patty Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Grilled Hamburger on Bun Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Elf Grahams Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Chicken Strips WG Breaded BBQ Sauce Pork and Beans Seasonal Fruit Honey Graham Crackers Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Fruit cup 3/4 C Cheese 1 oz.</p>	<p>BREAKFAST</p> <p>Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>WG Mostaccioli Meat Sauce Green Beans w/Margarine Peaches WG Roll/margarine Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Pepperoni Pizza Carrot Sticks Lite Ranch Pears Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Strawberry WG Pop-Tart #3839784 Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>WG Breaded Pollock Broccoli w/margarine Season Fruit Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Strawberry Yogurt 4 oz. Fruit Slices 6 oz.</p>
21	22	23	24	25
NO SCHOOL	<p>BREAKFAST</p> <p>Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Graham Crackers 4 squares Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Annie's WG Bunny Crackers Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Soft Beef Taco Shredded Lettuce/Tomatoes Refried Beans Fresh Fruit/Seasonal Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Blueberry Muffin Fresh Fruit 3/4 C</p>	<p>BREAKFAST</p> <p>Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Mac and Cheese Green Beans Roll, WG Mixed Fruit Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Pineapple chunks or Grapes 3/4C Animal Crackers (9)</p>
28	29	30	31	
<p>BREAKFAST</p> <p>Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>String Cheese & Crackers Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>Hot n Spicy Chex Mix #6963722 Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>WG Strawberry Pop-Tart Skim Milk 1C</p>	<p>BREAKFAST</p> <p>Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C</p> <p>LUNCH</p> <p>Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C</p> <p>AFTER SCHOOL SNACK</p> <p>WG Cheez-its Skim Milk 1C</p>	

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