

# LA SALLE CHARTER SCHOOL

## BREAKFAST, LUNCH & AFTERNOON SNACK MENU

### APRIL 2019

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                         |
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| 1                                                                                                                                                                                                                                                                                                                                                                                                  | 2                                                                                                                                                                                                                                                                                                                                                             | 3                                                                                                                                                                                                                                                                                                                                                                                                 | 4                                                                                                                                                                                                                                                                                                                                                                                      | 5                                                                                                                                                                                                                                                                                                                                                              |
| <b><u>BREAKFAST</u></b><br>Cereal<br>Yogurt, Strawberry nonfat<br>Graham Cracker<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Chicken Fettuccine<br>Green Peas<br>WG Roll/Margarine<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Veggies & Dip 6 oz.<br>Wheat Crackers (8) #1007558                                        | <b><u>BREAKFAST</u></b><br>Cereal<br>French Toast Sticks WG/Syrup<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Taco Salad with Beef<br>Refried Beans<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Strawberry Yogurt 4 oz.<br>Fruit Slices 6 oz.                                       | <b><u>BREAKFAST</u></b><br>Pancake/Sausage on Stick<br>Cereal<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>WG Hot & Spicy Chicken Patty<br>on WG Bun<br>Carrots, margarine<br>Fruit cocktail<br>WG Animal Crackers<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Blueberry Muffin<br>Skim Milk 1C                                                  | <b><u>BREAKFAST</u></b><br>Biscuit /Margarine<br>Scrambled Egg<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Home-Roasted Turkey Breast<br>Roasted Sweet Potatoes<br>Green Beans w/Margarine<br>Slice WG Bread w/Margarine<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>WG Goldfish Crackers<br>Skim Milk 1C    | <b><u>BREAKFAST</u></b><br>Waffle WG w/Syrup<br>Cereal<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>WG Bosco Stick<br>Homemade Spaghetti Sauce<br>Romaine Salad/Asstd. Lt. Dress.<br>Baked Cinnamon Apples<br>Lemon Broccoli<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Fresh Fruit/Seasonal<br>Cereal 6 oz. |
| 8                                                                                                                                                                                                                                                                                                                                                                                                  | 9                                                                                                                                                                                                                                                                                                                                                             | 10                                                                                                                                                                                                                                                                                                                                                                                                | 11                                                                                                                                                                                                                                                                                                                                                                                     | 12                                                                                                                                                                                                                                                                                                                                                             |
| <b><u>BREAKFAST</u></b><br>Cereal<br>String cheese<br>Graham Cracker<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Southwest Chicken Flauta (Tornado)<br>Romaine Salad/Lt. Dressing<br>Green Beans<br>Slice of WG Bread<br>Chilled Fruit<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>String Cheese 1 oz.<br>Grapes 6 oz.                           | <b><u>BREAKFAST</u></b><br>Pancakes w/Syrup<br>Hard-Boiled Egg<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Sloppy Joe on a Roll<br>Corn on the Cob<br>Fresh Fruit/Seasonal<br>Margarine<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Cereal 6 oz.<br>Skim Milk 1C                                            | <b><u>BREAKFAST</u></b><br>Cereal<br>Yogurt, Strawberry nonfat<br>Graham Crackers 3 squares<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>WG Popcorn Chicken<br>Oven Roasted Potatoes<br>Carrots<br>Catsup<br>Fresh Fruit/Seasonal<br>WG Roll/margarine<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Graham Crackers 4 squares<br>Applesauce 6 oz. | <b><u>BREAKFAST</u></b><br>Blueberry Muffin<br>Egg Patty<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Santa Fe Wrap<br>Refried Beans<br>Chilled Fruit<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Annie's WG Bunny Crackers<br>Skim Milk 1C                                                                                           | <span style="color: blue;">★</span> <b>STAR BREAKFAST!</b> <span style="color: blue;">★</span>                                                                                                                                                                                                                                                                 |
| 15                                                                                                                                                                                                                                                                                                                                                                                                 | 16                                                                                                                                                                                                                                                                                                                                                            | 17                                                                                                                                                                                                                                                                                                                                                                                                | 18                                                                                                                                                                                                                                                                                                                                                                                     | 19                                                                                                                                                                                                                                                                                                                                                             |
| <b><u>BREAKFAST</u></b><br>Biscuit & Gravy<br>Scrambled Egg<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Chicken Patty, baked/WG Bun<br>Cowboy Corn Salad<br>Fresh Fruit/Seasonal<br>Chocolate Teddy Grahams<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Wheat Crackers (8)<br>Banana                                                             | <b><u>BREAKFAST</u></b><br>Cereal<br>French Toast Stix WG w/Syrup<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Sweet Sesame Chicken Stir Fry<br>Steamed Brown Rice<br>Green Beans<br>WG Roll/Margarine<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Goldfish Crackers<br>Skim Milk 1C | <b><u>BREAKFAST</u></b><br>Pancakes (2)<br>Cereal<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Turkey Sandwich on<br>Whole Grain Bread/Lt. Mayo<br>Fresh Broccoli/Lt. Ranch<br>Lettuce & Tomato<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Blueberry Muffin<br>Skim Milk 1C                                             | <b><u>BREAKFAST</u></b><br>Cereal<br>Yogurt, Strawberry nonfat<br>Graham Cracker<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Finger-Lickin' Chicken<br>Corn, seasoned, w/margarine<br>Baked Beans<br>WG Bread/Margarine<br>Chilled Fruit<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Strawberry Yogurt, nonfat<br>Fruit Slices 6 oz. | <b><u>BREAKFAST</u></b><br>Waffle WG w/Syrup<br>Cereal<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Bean and Rice Burrito<br>Tossed Romaine Salad<br>Dressing, Lite Italian<br>Carrot Sticks<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Bug Bites<br>Skim Milk 1C                    |
| 22                                                                                                                                                                                                                                                                                                                                                                                                 | 23                                                                                                                                                                                                                                                                                                                                                            | 24                                                                                                                                                                                                                                                                                                                                                                                                | 25                                                                                                                                                                                                                                                                                                                                                                                     | 26                                                                                                                                                                                                                                                                                                                                                             |
| <b><u>BREAKFAST</u></b><br>Cereal<br>Scrambled Egg<br>Biscuit WG<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Toasted Beef Ravioli<br>Homemade Spag. Sauce w/meat<br>Fresh Greens w/orange sunshine dr.<br>Seasoned Corn w/Margarine<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>String Cheese & Crackers<br>Skim Milk 1C | <b><u>BREAKFAST</u></b><br>Pancakes w/Syrup<br>Sausage<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>BBQ Chicken<br>Baked Cinnamon Apples<br>Green Peas<br>BBQ Sauce<br>Skim Milk 1C<br>WG Roll/Margarine<br><b><u>AFTER SCHOOL SNACK</u></b><br>Cereal 6 oz.<br>Skim Milk 1C                                            | <b><u>BREAKFAST</u></b><br>Cereal<br>Yogurt, Strawberry nonfat<br>Graham Crackers 3 squares<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Quirky Quesadilla<br>Taco Beef Filling<br>Green Beans<br>Pears, Diced Lt Syrup<br>Skim Milk 1C<br>Animal Crackers<br><b><u>AFTER SCHOOL SNACK</u></b><br>Hot n Spicy Chex Mix #6963722<br>Skim Milk 1C             | <b><u>BREAKFAST</u></b><br>Blueberry Muffin<br>Hard-Boiled Egg<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Deli Sub on WG bun<br>Baked Beans<br>Fresh Fruit/Seasonal<br>Skim Milk 1C<br>Graham Cracker<br><b><u>AFTER SCHOOL SNACK</u></b><br>Wheat Crackers<br>Applesauce 6 oz.                                                                | <b><u>BREAKFAST</u></b><br>Cereal<br>Bagel & Cream Cheese<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Fish Nuggets<br>Carrots/margarine<br>Celery Sticks<br>Peaches<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Strawberry WG Pop-Tart #3839784<br>Skim Milk 1C                                              |
| 29                                                                                                                                                                                                                                                                                                                                                                                                 | 30                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                |
| <b><u>BREAKFAST</u></b><br>Egg Patty<br>Biscuit<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Grilled Hamburger on Bun<br>Oven Roasted New Potatoes<br>Pineapple Chunks<br>Catsup<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Elf Grahams<br>Skim Milk 1C                                                                                          | <b><u>BREAKFAST</u></b><br>Pancakes (2) w/Syrup<br>Sausage<br>Fresh Fruit/Seasonal<br>100% Fruit Juice/Skim Milk 1C<br><b><u>LUNCH</u></b><br>Chicken Strips WG Breaded<br>BBQ Sauce<br>Pork and Beans<br>Seasonal Fruit<br>Honey Graham Crackers<br>Skim Milk 1C<br><b><u>AFTER SCHOOL SNACK</u></b><br>Fruit cup 3/4 C<br>Cheese 1 oz.                      |                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                |



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