




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BREAKFAST Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Mostaccioli Meat Sauce Green Beans w/Margarine Peaches WG Roll/margarine Skim Milk 1C AFTER SCHOOL SNACK Hot n Spicy Chex Mix #6963722 Skim Milk 1C	2 BREAKFAST Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Pepperoni Pizza Carrot Sticks Lite Ranch Pears Skim Milk 1C AFTER SCHOOL SNACK Strawberry WG Pop-Tart #3839784 Skim Milk 1C	3 BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Breaded Pollock Broccoli w/margarine Season Fruit Skim Milk 1C AFTER SCHOOL SNACK Strawberry Yogurt 4 oz. Fruit Slices 6 oz.
	6 BREAKFAST Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C	7 BREAKFAST Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C AFTER SCHOOL SNACK Graham Crackers 4 squares Skim Milk 1C	8 BREAKFAST Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C AFTER SCHOOL SNACK Annie's WG Bunny Crackers Skim Milk 1C	9 BREAKFAST Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Soft Beef Taco Shredded Lettuce/Tomatoes Refried Beans Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Blueberry Muffin Fresh Fruit 3/4 C
13 BREAKFAST Cereal Scrambled Egg Biscuit WG Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Seasoned Grilled Chicken Breast Baked Beans Fresh Broccoli Light Ranch Dressing Slice of Bread WG Bread Mandarin Oranges Skim Milk 1C AFTER SCHOOL SNACK String Cheese & Crackers Skim Milk 1C	14 BREAKFAST Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK Hot n Spicy Chex Mix #6963722 Skim Milk 1C	15 BREAKFAST Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C AFTER SCHOOL SNACK WG Strawberry Pop-Tart Skim Milk 1C	16 BREAKFAST Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C AFTER SCHOOL SNACK WG Cheez-its Skim Milk 1C	17 BREAKFAST Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C STAR LUNCH! AFTER SCHOOL SNACK Bug Bites #385621 Skim Milk 1C
20 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	21 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.	22 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	23 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	24 BREAKFAST Waffle WG w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C LUNCH WG Bosco Stick Homemade Spaghetti Sauce Romaine Salad/Asst. Lt. Dress. Baked Cinnamon Apples Lemon Broccoli Skim Milk 1C AFTER SCHOOL SNACK Fresh Fruit/Seasonal Cereal 6 oz.
27 MEMORIAL DAY NO SCHOOL 	28 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	29 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.	30 ENJOY YOUR SUMMER! 	31

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