



Stamford Charter - Excellence Lunch - September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep 1, 2024	Sep 2, 2024	Sep 3, 2024	Sep 4, 2024	Sep 5, 2024	Sep 6, 2024	Sep 7, 2024
Closed	<ul style="list-style-type: none"> • Beef Hot Dog • WGR Hot Dog Bun • Corn • Baked Beans • Clementine (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Applesauce • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Spaghetti and Meatballs (3) • Broccoli • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Salad • Whole Grain Bun • Tossed Salad • Salad Dressing, Assorted • Pretzels • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Banana • Fruit cup • Milk 1% low-fat • Skim Milk 	Closed
Sep 8, 2024	Sep 9, 2024	Sep 10, 2024	Sep 11, 2024	Sep 12, 2024	Sep 13, 2024	Sep 14, 2024
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Nuggets • Green Beans • Sweet Potato Fries • Whole Grain Bread • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Vegetarian Hard Taco (2) • Lettuce & Tomato • Shredded Cheese • Corn • Salsa • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Bolognese • Whole Grain Pasta • Cauliflower • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Dominican Stew w/Chicken • Brown Rice • Diced Carrots • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Collard Greens • Chickpea & Bean Salad • Orange • Mixed Fruit In 100% Natural Juice • Milk 1% low-fat • Skim Milk 	Closed
Sep 15, 2024	Sep 16, 2024	Sep 17, 2024	Sep 18, 2024	Sep 19, 2024	Sep 20, 2024	Sep 21, 2024
Closed	<ul style="list-style-type: none"> • Grilled Chicken Breast • WGR Pasta Salad w/ Chick Peas • Collard Greens • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Teriyaki 2oz • Brown Rice • Diced Carrots • Mixed Vegetables • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Burger W/ WGR Bun: • Potato Nuggets • Ketchup • Banana • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Fresh Apple • Milk 1% low-fat • Skim Milk 	Closed
Sep 22, 2024	Sep 23, 2024	Sep 24, 2024	Sep 25, 2024	Sep 26, 2024	Sep 27, 2024	Sep 28, 2024
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • Mixed Vegetables • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Hard Taco (2) • Pinto Beans • Corn • Salsa • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Baked Ziti w/Cheese • Broccoli • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Sliced Turkey Breast • Whole Grain Bread (2) • Tossed Salad • Salad Dressing, Assorted • Applesauce • WGR Sun Chip • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Lo Mein • Oriental Vegetable Blend • Pear • Milk 1% low-fat • Skim Milk 	Closed
Sep 29, 2024	Sep 30, 2024					
Closed	<ul style="list-style-type: none"> • Beef Hot Dog • WGR Hot Dog Bun • Corn • Baked Beans • Clementine (2) • Milk 1% low-fat • Skim Milk 					

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Sep 1, 2024	Sep 2, 2024	Sep 3, 2024	Sep 4, 2024	Sep 5, 2024	Sep 6, 2024	Sep 7, 2024
Closed	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Broccoli • Pretzels • Chickpea & Bean Salad • Oranges (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Whole Grain Wrap • Chicken Salad • Baby Carrots • Potato Chips • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Chickpea & Bean Salad • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Ham & Cheese WGR Sandwich: • Cucumber • Pretzels • String Cheese • Pears (2) • Skim Milk • Milk 1% low-fat 	Closed
Sep 8, 2024	Sep 9, 2024	Sep 10, 2024	Sep 11, 2024	Sep 12, 2024	Sep 13, 2024	Sep 14, 2024
Closed	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Chickpea & Bean Salad • Wheat Thins • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Sugar Snap Peas • WGR Sun Chip • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Salad WGR bun • Baby Carrots • Potato Chips • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham WGR Sandwich: • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Broccoli • WGR Cheez-it Crackers • Apple • Milk 1% low-fat • Skim Milk 	Closed
Sep 15, 2024	Sep 16, 2024	Sep 17, 2024	Sep 18, 2024	Sep 19, 2024	Sep 20, 2024	Sep 21, 2024
Closed	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Broccoli • Pretzels • Chickpea & Bean Salad • Oranges (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Chicken Salad WGR Wrap: • Baby Carrots • Potato Chips • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Chickpea & Bean Salad • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Ham & Cheese WGR Sandwich: • Cucumber • Pretzels • String Cheese • Milk 1% low-fat • Skim Milk • Pears (2) 	Closed
Sep 22, 2024	Sep 23, 2024	Sep 24, 2024	Sep 25, 2024	Sep 26, 2024	Sep 27, 2024	Sep 28, 2024
Closed	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Chickpea & Bean Salad • Wheat Thins • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Sugar Snap Peas • WGR Sun Chip • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Salad WGR bun • Baby Carrots • Potato Chips • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham WGR Sandwich: • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Broccoli • WGR Cheez-it Crackers • Apple • Milk 1% low-fat • Skim Milk 	Closed
Sep 29, 2024	Sep 30, 2024					
Closed	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Broccoli • Pretzels • Chickpea & Bean Salad • Oranges (2) • Skim Milk • Milk 1% low-fat 					

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