

October Cold Breakfast Menu

MON

TUE

WED

THU

FRI

			1 Pork Ham & Cheese Croissant Mixed Fruit Cup 100% Fruit Juice	2  Blueberry Donut Holes Dried Cherry Tart 100% Fruit Juice
5 Turkey Ham & Cheese on Dinner Roll Raisins 100% Fruit Juice	6 Cinnatwin Diced Apple Cup 100% Fruit Juice	7 Breakfast bread Raisins 100% Fruit Juice	8 Pork Ham & Cheese Croissant Mixed Diced Fruit 100% Fruit Juice	9 Fall Break
12 Fall Break	13 Cereal Toast Fresh Fruit 100% Fruit Juice	14 Breakfast bread Orange Wedges 100% Fruit Juice	15 Pork Ham & Cheese Croissant Diced Apple Cup 100% Fruit Juice	16 Blueberry Parfait Blueberries Apple
19 Turkey Ham & Cheese on Hawaiian bun Mixed ZeeZee Dried Fruit 100% Fruit Juice	20 Cinnatwin Diced Apple Cup 100% Fruit Juice	21 Breakfast Bread Apple 100% Fruit Juice	22 Chicken Sausage Patty on Dinner Roll Mixed Fruit Cup 100% Fruit Juice	23 Cereal Toast Dried Cherry Tart 100% Fruit Juice
26 Turkey Ham & Cheese on Hawaiian Bun Mixed ZeeZee Dried Fruit 100% Fruit Juice	27 Breakfast Bread Fresh Peach 100% Fruit Juice	28 Blueberry Parfait Blueberries Apple	29 Pork Ham & Cheese Croissant Mixed Fruit Cup 100% Fruit Juice	30 Cereal Toast Dried Cherry Tart 100% Fruit Juice
			 Freshly Prepared (Scratch or Speed Scratch)	Please join us, we always have more entrees than what is listed. Come see!!

OFFERED DAILY: WHOLE MILK 1% OR FAT FREE, TWO DIFFERENT FRESH FRUITS OR VEGETABLES, AND 100% VEGETABLE JUICE WHEN OFFERED

CHARTER COLD BREAKFAST

Students are offered 4 food items from 3 required meal components: fruits and/or vegetables, grains and/or meats/meat alternatives and/or milk, 1% or fat free, of which they must select 3 food items and 1 must be a serving of fruit or vegetables.



Scan to View Menu's, Nutrition and Allergen Information

THE MENU IS SUBJECT TO CHANGE AND DEMAND WHICH MAY AFFECT AVAILABILITY. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



October Cold Lunch Menu



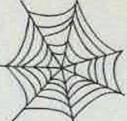
MON

TUE

WED

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FRI

			1 Pepperoni Slices Cheese Cubes Savory Crackers Cucumber w/ Tajin Blueberries & Nectarine Graham Maple Waffle	2 Four Cheese Pizza Chopped Romaine Salad w/ Cherry Tomatoes Ranch Dressing Orange Wedges Plum
5 Grilled Chicken Filet on Hamburger Bun Zucchini Slices Corn Plum Orange	6 Peanut Butter Pocket Cheese Cubes Carrots Celery Sticks w/ Peanut Butter PC Apple & Orange Wedges Savory Crackers	7 Oven Roasted Turkey on Hamburger Bun Celery Sticks w/ Peanut Butter PC Cherry Tomatoes Orange Wedges Plum	8 Chicken Salad on Croissant Corn Cucumber Slices Watermelon Pear	9 Fall Break
12 Fall Break	13 Bean and 2 Cheese Bowl Corn Salsa Cup Tortilla Chips Pear Peach Cup	14 Turkey Italian Combo on Brioche Bun Cucumber Slices Cherry Tomatoes Peach Cup Honeydew	15 Chicken Tenders w/ BBQ Carrot Sticks Snap Peas Peach Cup Plum Savory Crackers	16 Peanut Butter Pocket Peanut Butter PC Celery Sticks w/ Peanut Butter PC Carrot Sticks Apple & Strawberries Savory Crackers
19 Chicken Drumstick Veggie Beans Carrot Sticks Apricot & Orange Savory Crackers Cookie	20 Cheese Bites Marinara Cup Snap Peas Blueberry Cup Peach	21 Four Cheese Pizza Chopped Romaine Salad w/ Cherry Tomatoes Pear Watermelon	22 Pepperoni Slices Cheese Cubes Savory Crackers Cucumber w/ Tajin Blueberries & Nectarine Graham Maple Waffle	23 Turkey Ham & Swiss on Bread Celery Sticks w/ Peanut Butter PC Cucumber Orange & Peach
26 Chicken Salad on a Croissant Celery Sticks w/ Peanut Butter PC Carrots Pear Plum	27 Cheese Bites Marinara Cup Celery Sticks Apple Orange Wedges	28 Bean and Two Cheese Bowl Tortilla Salsa Cup Chopped Romaine Salad Ranch Dressing Nectarine & Apple	29 Pepperoni Slices Cheese Cubes Savory Crackers Cucumber w/ Tajin Blueberries & Nectarine Graham Maple Waffle	30 Four Cheese Pizza Chopped Romaine Salad Cherry Tomatoes Ranch Dressing Orange Wedges Plum
			 Freshly Prepared (Scratch or Speed Scratch)	Please join us, we always have more entrees than what is listed. Come see!!

CHARTER COLD LUNCH

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