



2023 Pre-K August/Sepember Breakfast Menu

Public Charter School				
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Beef Sausage & Cheese Sandwich	Assorted Cereal Bar	Apple Cinnamon Muffin	Pizza Bagel	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls	Sausage Pancake Stick	Bagel & Cream Cheese	Beef Sausage & Cheese Sandwich	WG Banana Bread
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	French Toast Mini	Pizza Bagel	Assorted WG Muffins	Beef Sausage & Cheese Sandwich
Holiday	Orange Juice	Banana	Mango Cup	Pineapple Cup
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
WG Banana Bread	Sausage Pancake Stick	Maple Waffles	Chicken Biscuit Sandwich	Assorted Cereal Bar
Fruit Cup	Banana	Orange Juice	Mango Cup	Pineapple Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Beef Sausage & Cheese Sandwich	Assorted Cereal Bar	French Toast Mini	Pizza Bagel	WG Pop Tarts
Fruit Cup	Banana	Orange Juice	Mango Cup	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls	Sausage Pancake Stick	Maple Waffles	Chicken Biscuit Sandwich	WG Banana Bread
Fruit Cup	Banana	Orange Juice	Mango Cup	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk





2023 K - 8 August/Sepember Breakfast Menu

Public Charter School				
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Beef Sausage & Cheese Sandwich	Sauasage Pancake Stick	Blueberry Muffin	Pizza Bagel	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls	Sausage Pancake Stick	Bagel & Cream Cheese	Beef Sausage & Cheese Sandwich	WG Banana Bread
Fruit Cup	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	Strawberry Bagel Cream Cheese Minis	Pizza Bagel	Assorted WG Muffins	Beef Sausage & Cheese Sandwich
Holiday	Banana	Orange Juice	Mango Cup	Pineapple Cup
	Grape Juice	Fresh Apple	Fresh Orange	Fresh Pear
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
WG Bagel & Cream Cheese	Sausage Pancake Stick	Maple Waffles	Chicken Biscuit Sandwich	Assorted Cereal Bar & Yogurt
Fruit Cup	Banana	Pear Cup	Mango Cup	Pineapple Cup
Grape Juice	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Sausage & Egg Biscuit Sandwich	Strawberry Bagel Cream Cheese Minis	French Toast Mini	Pizza Bagel	WG Pop Tarts
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls	Sausage Pancake Stick	Maple Waffles	Chicken Biscuit Sandwich	WG Banana Bread
Fruit Cup	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk





2023 HS August/Sepember Breakfast Menu

Public Charter School				
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Sausage Pancake Stick	Scramble Egg Patty w/Biscuit	French Toast Sticks	Sausage or Bacon Breakfast Sandwich	Chicken & Waffles
Apple Sauce	Banana	Orange Juice	Pineapple Cup	Mango Cup
Craisins	Pear Cup	Fresh Apple	Fresh Pear	Fresh Orange
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Pizza Bagel	Sausage Pancake Stick	Maple Waffles	Scramble Egg Bowl	WG Banana Bread
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Apple	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Holiday	Chicken Biscuit Sandwich	Scramble Egg Patty w/Biscuit	French Toast Sticks	Assorted WG Muffins
Houses	Banana	Orange Juice	Mango Cup	Pineapple Cup
	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
WG Bagel & Cream Cheese	Sausage Pancake Stick	Southwestern Omelet Bowl	Sausage or Bacon Breakfast Sandwich	WG Pop Tarts
Fruit Cup	Banana	Pear Cup	Mango Cup	Pineapple Cup
Grape Juice	Applesauce	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Strawberry Bagel Cream Cheese Minis	Scramble Egg Patty w/Biscuit	French Toast Sticks	Sausage or Bacon Breakfast Sandwich	Chicken Biscuit Sandwich
Apple Sauce	Banana	Orange Juice	Pineapple Cup	Mango Cup
Craisins	Pear Cup	Fresh Apple	Fresh Pear	Fresh Orange
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Assorted Cereal Bowls	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt	Assorted Cereal Bars & Yogurt
Pizza Bagel	Sausage Pancake Stick	Maple Waffles	Scramble Egg Bowl	WG Banana Bread
Apple Sauce	Banana	Orange Juice	Mango Cup	Pineapple Cup
Craisins	Pear Cup	Fresh Apple	Fresh Apple	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk





2023 Pre-K August/Sepember Lunch Menu

Public Charter School				
21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	1/2 day 25-Aug
Chicken Nuggets w/Dinner Roll	Beef Taco w/Cheese, Lettuce & Tomatoes	Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	Cheese Pizza
Onion Rings	Rice & Beans	Seasoned Corn	Collard Greens	Sweet Potato Fries
Diced Pears	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1/2 day 1-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Cheeseburger on WG Bun	Pepperoni Pizza
Seasoned Broccoli	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	Cole Slaw
Fruit Punch	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	1/2 day 8-Sep
	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstrick w/Dinner Roll	Hot Dog on Bun	Cheese Pizza
Holiday	Rice & Beans	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	Celery Sticks w/Dipping Sauce
Hollow	Orange Wedges	Plums	Banana	Apple Sauce
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	1/2 day 15-Sep
Meatball Sub w/Marinara Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Crispy Chicken Sandwich w/Lettuce & Tomatoes	Pepperoni Pizza
Crispy French Fries	Black Bean & Corn Salsa	Seasoned Collard Greens	Coleslaw	Sweet Potato Tots
Fruit Punch	Orange Wedges	Fruit Cup	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	1/2 day 22-Sep
Chicken Nuggets w/Dinner Roll	Beef Taco w/Cheese, Lettuce & Tomatoes	Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	Cheese Pizza
Onion Rings	Rice & Beans	Seasoned Corn	Collard Greens	Sweet Potato Fries
Diced Pears	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	Taco Tuesday 26-Sep	27-Sep	28-Sep	1/2 day 29-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Cheeseburger on WG Bun	Pepperoni Pizza
Seasoned Broccoli	Black Bean & Corn Salsa	Seasoned Carrots	Vegetarian Beans	Cole Slaw
Fruit Punch	Orange Wedges	Plums	Banana	Apple Sauce





2023 K - 5 August/September Lunch Menu

Public Charter School				
21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	1/2 day 25-Aug
Chicken Nuggets	Beef Taco w/Cheese, Lettuce & Tomatoes	Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	Cheese Pizza
Onion Rings	Rice & Beans	Tomato Soup	Seasoned Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup		Seasoned Corn	Tater Tots	Sweet Potato Fries
Fruit Punch	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1/2 day 1-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa	Breaded Cheese Sticks w/Marinara Sauce	Cheese Burger w/Lettuce & Tomatoes	Pepperoni Pizza
Cucumber & Tomato Cup	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	Cole Slaw
Seasoned Broccoli				Lettuce & Tomato Cup
Fruit Punch	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	ala 8-Sep
	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstrick w/Biscuit	Hot Dog on Bun	Cheese Pizza
Holiday	Black Bean & Corn Salsa	Parmesan Potatoes O	Baby Carrots w/Dipping Sauce	Celery Sticks w/Dipping Sauce
HOUR -		Seasoned Corn	Vegetarian Beans	Sweet Potato Fries
	Orange Wedges	Plums	Banana	Apple Sauce
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	15-Sep
Meatball Sub w/Marinara Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun O	Crispy Chicken Sandwich w/Lettuce & Tomatoes	Pepperoni Pizza
Cucumber & Tomato Cup	Black Bean & Corn Salsa	Seasoned Collard Greens	Crispy French Fries	Cole Slaw
Seasoned Broccoli		Lettuce & Tomato Cup		Sweet Potato Tots
Fruit Punch	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	1/2 day 22-Sep
Chicken Nuggets	Beef Taco w/Cheese, Lettuce & Tomatoes	Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	Cheese Pizza
Onion Rings	Rice & Beans	Tomato Soup	Seasoned Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup		Seasoned Corn	Tater Tots	Sweet Potato Fries
Diced Pears				
	Orange Wedges	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Orange Wedges Skim or 1% Fat Milk	Plums Skim or 1% Fat Milk	Banana Skim or 1% Fat Milk	Apple Sauce Skim or 1% Fat Milk
Skim or 1% Fat Milk 25-Sep				
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	Skim or 1% Fat Milk Taco Tuesday Chicken Taco w/Cheese, Lettuce,	Skim or 1% Fat Milk 27-Sep Breaded Cheese Sticks w/Marinara	Skim or 1% Fat Milk 28-Sep	Skim or 1% Fat Milk
25-Sep Spaghetti w/Meatballs	Skim or 1% Fat Milk Taco Tuesday Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa	Skim or 1% Fat Milk 27-Sep Breaded Cheese Sticks w/Marinara Sauce	Skim or 1% Fat Milk 28-Sep Cheese Burger w/Lettuce & Tomatoes	Skim or 1% Fat Milk 1/2 day 29-Sep Pepperoni Pizza
25-Sep Spaghetti w/Meatballs Cucumber & Tomato Cup	Skim or 1% Fat Milk Taco Tuesday Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa	Skim or 1% Fat Milk 27-Sep Breaded Cheese Sticks w/Marinara Sauce	Skim or 1% Fat Milk 28-Sep Cheese Burger w/Lettuce & Tomatoes	Skim or 1% Fat Milk 2/2 day 29-Sep Pepperoni Pizza Cole Slaw





2023 Grade 6 - 8 August/September Lunch Menu

Public Charter School				
21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	25-Aug
Chicken Nuggets w/Dinner Roll	Beef Taco w/Cheese, Lettuce & Tomatoes	Tuscan Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	1/2 day
Chef Salad w/Teriyaki Beef Bites & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey Ham, Cheese & Pretzel	Cheese Pizza
Onion Rings	Lettuce & Tomato Cup	Tomato Soup	Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup	Rice & Beans	Lettuce & Tomato Cup	Tater Tots	Sweet Potato Fries
Diced Pears	Orange	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Bacon Cheese Burger w/Lettuce & Tomatoes	1/2 day
Chef Salad w/Fajita Chicken Strips w/Biscuit	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Chicken Nuggets w/Biscuit	Chef Salad w/Ham & Cheese w/Dinner Roll	Pepperoni Pizza
Seasoned Broccoli	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	Coleslaw
		Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Tots
Fruit Punch	Orange	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	8-Sep
чэср	Beef Taco w/Cheese, Lettuce &	Chicken Drumstrick w/Dinner Roll	Hot Dog w/Pepper & Onions on Sub	- fr - 1
00 ⁰ - 0	Tomatoes Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner	Roll Chef Salad w/ Turkey Ham, Cheese &	1/2 day Buffalo Chicken Pizza
Holiday	Lettuce & Tomato Cup	Roll Parmesan Potatoes	Dinner Roll Baby Carrots w/Dipping Sauce	Coleslaw
	Rice & Beans	Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Fries
	Orange	Plums	Banana	Apple Sauce
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep	15-Sep
Meatball Sub w/Marinara Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun	Crispy Chicken Sandwich w/Lettuce & Tomatoes	1/2 day
Chef Salad w/Chicken Nuggets w/Biscuit	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Fajita Chicken Strips w/Biscuit	Chef Salad w/ Turkey Ham, Cheese & Dinner Roll	Ranchero Pizza
Crispy French Fries	Black Bean & Corn Salsa	Seasoned Collard Greens	Coleslaw	Celery Sticks w/Dipping Sauce
Baby Carrots w/Dipping Sauce	Rice & Beans	Vegetarian Beans	Seasoned Broccoli	Sweet Potato Tots
Fruit Punch	Orange	Fruit Cup	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	Taco Tuesday 19-Sep	20-Sep	21-Sep	22-Sep
Chicken Nuggets w/Dinner Roll	Beef Taco w/Cheese, Lettuce & Tomatoes	Tuscan Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	1/2 day
Chef Salad w/Teriyaki Beef Bites & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey Ham, Cheese & Dinner Roll	Cheese Pizza
Onion Rings	Lettuce & Tomato Cup	Tomato Soup	Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup	Rice & Beans	Lettuce & Tomato Cup	Tater Tots	Sweet Potato Fries
Diced Pears	Orange	Plums	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	Taco Tuesday 26-Sep	27-Sep	28-Sep	29-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce & Tomatoes	Breaded Cheese Sticks w/Marinara Sauce	Bacon Cheese Burger w/Lettuce & Tomatoes	1/2 day
Chef Salad w/Fajita Chicken Strips w/Biscuit	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Chicken Nuggets w/Biscuit	Chef Salad w/Ham & Cheese w/Dinner Roll	Pepperoni Pizza
Seasoned Broccoli	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	Coleslaw
		Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Tots
		cacamber a romato cap	-	
Fruit Punch	Orange	Plums	Banana	Apple Sauce





2023 HS August/September Lunch Menu

Public Charter School				
21-Aug	Taco Tuesday 22-Aug	23-Aug	24-Aug	25-Aug
Chicken Nuggets w/Biscuit	Beef Taco w/Cheese, Lettuce & Tomatoes	Tuscan Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	1/2 day
Chef Salad w/Teriyaki Beef Bites & Dinner Roll	Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner Roll	Chef Salad w/ Turkey Ham, Cheese & Pretzel	Pepperoni Pizza
Seasoned Vegetable Medley	Black Bean & Corn Salsa	Seasoned Carrots	Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup	Rice & Beans	Onion Rings	Tater Tots	Sweet Potato Fries
Fruit Punch	Orange	Plums	Banana	Fruit Cup
Fresh Pear	Mango Cup	Fresh Peach	Pear Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	Taco Tuesday 29-Aug	30-Aug	31-Aug	1-Sep
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce &	Breaded Cheese Sticks w/Marinara Sauce	Bacon Cheese Burger w/Lettuce &	1/2 day
Chef Salad w/Fajita Chicken Strips	Tomatoes Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Chicken Nuggets w/Biscuit	Tomatoes Chef Salad w/Ham & Cheese w/Dinner	Ranchero Pizza
w/Biscuit Coleslaw	Black Bean & Corn Salsa	Seasoned Carrots	Roll Crispy French Fries	Celery Sticks w/Dipping Sauce
Seasoned Broccoli	Rice & Beans	Lettuce & Tomato Cup	Vegetarian Beans	Sweet Potato Tots
Pineapple Cup	Orange	Plums	Banana	Fruit Cup
Fresh Pear	Mango Cup	Fresh Peach	Asst. Juice	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	Taco Tuesday 5-Sep	6-Sep	7-Sep	8-Sep
4-3ch	Beef Taco w/Cheese, Lettuce &	Chicken Drumstrick w/Dinner Roll		1/2 day
	Tomatoes Chef Taco Salad w/Tortilla Rounds	Chef Salad w/Crispy Chicken w/Dinner	Hot Dog w/Pepper & Onions on Sub Roll Chef Salad w/Ham & Cheese w/Dinner	
It day	Black Bean & Corn Salsa	Roll	Roll	Buffalo Chicken Pizza
Holiday		Parmesan Potatoes	Baby Carrots w/Dipping Sauce	Celery Sticks w/Dipping Sauce
	Rice & Beans	Cucumber & Tomato Cup	Vegetarian Beans	Sweet Potato Fries
	Orange	Plums	Banana	Fruit Cup
	Mango Cup	Fresh Peach	Pear Cup	Fresh Apple
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	Taco Tuesday 12-Sep	13-Sep	14-Sep Crisov Chicken Sandwich w/Lettuce &	15-Sep
Meatball Sub w/Marinara Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun O	Crispy Chicken Sandwich w/Lettuce & Tomatoes	1/2 day
	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds		Crispy Chicken Sandwich w/Lettuce &	- A
Meatball Sub w/Marinara Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner	1/2 day
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll	1/2 day Cheese Pizza
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw	1/2 day Cheese Pizza Celery Sticks w/Dipping Sauce
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw Seasoned Broccoli	1/2 dany Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw Seasoned Broccoli Banana	1/2 dany Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk Taco Tuesday 19-Sep	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums Fresh Peach	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw Seasoned Broccoli Banana Asst. Juice	1/2 dany Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk 22-Sep
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear Skim or 1% Fat Milk 18-Sep Chicken Nuggets w/Dinner Roll	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums Fresh Peach Skim or 1% Fat Milk 20-Sep Tuscan Grilled Cheese Sandwich	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Coleslaw Seasoned Broccoli Banana Asst. Juice Skim or 1% Fat Milk 21-Sep BBQ Beef Rib Sandwich	1/2 dany Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk
Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear Skim or 1% Fat Milk 18-Sep	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk Tsco Tuesdav Beef Taco w/Cheese, Lettuce &	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums Fresh Peach Skim or 1% Fat Milk 20-Sep	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Colesław Seasoned Broccoli Banana Asst. Juice Skim or 1% Fat Milk 21-Sep	1/2 dany Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk 22-Sep
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Meatball Sub w/Marinara Sauce Chef Salad w/Chicken Nuggets w/Biscuit Crispy French Fries Baby Carrots w/Dipping Sauce Pineapple Cup Fresh Pear Skim or 1% Fat Milk 18-Sep Chicken Nuggets w/Dinner Roll Chef Salad w/Teriyaki Beef Bites & Dinner Roll Seasoned Carrots	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Mango Cup Skim or 1% Fat Milk Taco Tuesday 19-Sep Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa	Sloppy Joe on WG Bun O Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Plums Fresh Peach Skim or 1% Fat Milk 20-Sep Tuscan Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Seasoned Carrots	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/Ham & Cheese w/Dinner Roll Colesiaw Seasoned Broccoli Banana Asst. Juice Skim or 1% Fat Milk 21-Sep BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Collard Greens	1/2 dayy Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Fruit Cup Fresh Apple Skim or 1% Fat Milk 22-Sep 1/2 day Pepperoni Pizza Celery Sticks w/Dipping Sauce
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2023 August/September Supper Menu

Public Charter School				
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Cheese Pizza	Hot Dog	Pasta w/Meatsauce	Cheese Burger w/Lettuce & Tomatoes	Chicken Drumstick w/ Dinner Roll
Crispy Fries	Vegetarian Beans	Seasoned Broccoli	Onion Rings	Baby Carrots w/ Dressing
Fresh Apple	Pineapple Cup	Apple Sauce	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Pepperoni Pizza	Chicken Nuggets w/ WG Biscuit	Teriyaki Chicken w/Fried Rice	BBQ Chicken Sandwich	Pasta w/ Meatsauce
Crispy Fries	Tater Tots	Seasoned Broccoli	Cesar Salad	Collards
Fresh Apple	Pineapple Cup	Orange	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
	Beef & Cheese Macaroni Casserole	Pasta w/ Meatsauce	Chicken Drumstick w/ Dinner Roll	Breaded Cheese Sticks w/Marinara Sauce & Dinner Roll
Holiday	Celery Sticks w/Dipping Sauce	Seasoned Carrots	Seasoned Broccoli	Baby Carrots w/Dipping Sauce
	Fruit Punch	Pineapple Cup	Apple Juice	Fresh Orange
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Pepperoni Pizza	Chicken Teriyaki w/ Fried Rice	Cheese Burger w/Lettuce & Tomatoes	Chicken Nuggets w/ WG Biscuit	Chicken Curry Casserole O
Onion Rings	Stir Fry Vegetables	Crispy Fries	Caesar Salad	Seasoned Collards
Orange Juice	Pineapple Cup	Orange	Fruit Cup	Fresh Apple
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Cheese Pizza	Hot Dog	Pasta w/Meatsauce	Cheese Burger w/Lettuce & Tomatoes	Chicken Drumstick w/ Dinner Roll
Crispy Fries	Vegetarian Beans	Seasoned Broccoli	Onion Rings	Baby Carrots w/ Dressing
Fresh Apple	Pineapple Cup	Apple Sauce	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Pepperoni Pizza	Chicken Nuggets w/ WG Biscuit	Teriyaki Chicken w/Fried Rice	BBQ Chicken Sandwich	Pasta w/ Meatsauce
Crispy Fries	Tater Tots	Seasoned Broccoli	Cesar Salad	Collards
Fresh Apple	Pineapple Cup	Orange	Fruit Punch	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk