

## Parker Charter School Menu - October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hot Dogs or Tomato Mozzarella Pesto Side Salad Veggie Cup	2 Cheese Pizza Side Salad Veggie Cup Cookie	3 Burritos Meat or Bean Sour Cream, Salsa Side Salad Veggie Cup	4 Grilled Cheese and Tomato Soup Side Salad Veggie Cup
7 Macaroni and Cheese Green Beans Garlic Bread Side Salad Veggie Cup	8 Chicken Caesar Wrap or Veggie Hummus Wrap Side Salad Veggie Cup	9 Cheese Pizza Side Salad Veggie Cup Cookie	10 Nachos Meat or Bean, Cheese, Sour Cream Salsa, Corn Side Salad Veggie Cup	11 No Service PLP Day
14 Holiday No Service	15 Veggie Flat Bread or Crispy Chicken Strips Side Salad Veggie Cup	16 Cheese Pizza Side Salad Veggie Cup Cookie	17 Cheese Quesadillas Salsa Sour Cream Side Salad Veggie Cup	18 Chicken Teriyaki or Tofu Rice Boal Broccoli Side Salad Veggie Cup
21 Lasagna or Eggplant Parmesan Garlic Bread Side Salad Veggie Cup	22 Turkey Bacon Sub or Tomato Mozzarella, Pesto Side Salad Veggie Cup	23 Cheese Pizza Side Salad Veggie Cup Cookie	24 Chilli Boat with Tortilla Chips or Vegetarian Option Side Salad Veggie Cup	25 Burgers or Black Bean Burgers Cole Slaw Fries Side Salad Veggie cup
28 Pesto Tortellini Garlic Bread Veggie Cup Side Salad	29 Pulled Pork or Black Bean Burger Side Salad Veggie Cup	30 Cheese Pizza Side Salad Veggie Cup Cookie	31 Barbeque Chicken or Tofu Butternut Squash Potatoes Side Salad Veggie Cup	

### DAILY BREAKFAST MENU :

Egg Sandwich, Bagel, French Toast Sticks, Peanut Butter & Jelly, Cereal, or Yogurt (Fridays Only - Cinnamon Rolls also available)  
Served With:  
Cheese Stick, Fruit, Milk/Juice

Daily Offering include peanut butter and jelly on fresh wheatberry bread, Grab and go bagel meal (bagel, cream cheese, fresh fruit, cheese stick), salad bar. Side salads and veggie cups also offered daily.  
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Breakfast is served at 10:30 AM (9:30 on Wednesdays) in the cafeteria.

This institution is an equal opportunity provider.

Full Lunch \$4.00  
Includes Entree, All Sides, Fresh Fruit, Milk

Salad Bar \$4.00  
Salad (to include a Protein: Chicken, Cheese, Egg) Fruit, Roll, Drink

Breakfast \$2.00  
Includes Breakfast Item, Fruit, Drink



A la carte  
Breakfast Item \$2.00  
Fruit \$.25  
Extra Pizza slice \$1.50

Drinks \$.50  
Fat Free Chocolate Milk, 1% Milk, Orange Juice.