

Parker Charter School Menu - March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Shells Garlic Bread Side Salad Veggie Cup	3 Hot Dog & Beans or Tomato Mozzarella Pesto Side Salad Veggie Cup	4 Cheese Pizza Side Salad Veggie Cup Cookie	5 WRAPS Chicken Caesar, Buffalo Chicken or Veggie Hummus Side Salad	6 Veggie Flatbread or Tomato Mozzarella Pesto Side Salad Veggie Cup
9 Macaroni and Cheese Garlic Bread Side Salad Veggie Cup	10 Turkey Bacon Sub or Veggie Hummus Wrap Broc & Cheese Soup Side Salad Veggie Cup	11 Cheese Pizza Side Salad Veggie Cup Cookie	12 Nachos Meat or Bean Sour Cream, Salsa Corn, Cheese Side Salad Veggie Cup	13 PLP No Service
16 Shepherds' Pie or Vegetarian Alternative Side Salad Veggie Cup	17 Pulled Pork or Black Bean Burger Cole Slaw Side Salad Veggie Cup	18 Noon Dismissal	19 Cheese Pizza Side Salad Veggie Cup Cookie	20 Teriyaki Chicken or Tofu Rice Bowl with Broccoli Side Salad Veggie Cup
23 Lasagna or Eggplant Parmesan Garlic Bread Side Salad Veggie Cup	24 Buffalo Chicken Wrap or Tomato Mozzarella Pesto Side Salad Veggie Cup	25 Cheese Pizza Side Salad Veggie Cup Cookie	26 Cheese Quesadillas Chicken Tortilla Soup Salsa, Sour Cream Side Salad Veggie Cup	27 Burger or Black Bean Burger, Fries Cole Slaw Side Salad
30 Pesto Tortellini Garlic Bread Side Salad Veggie Cup	31 Steak & Cheese Sub with Peppers & Onions or Black Bean Burger Veggie Cup Side Salad			

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.

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.

Menu Subject To Change