


Parker Charter School Menu - February 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| WRAP Chicken Caesar, Buffalo Chicken or Veggie Hummus Side Salad | Turkey Bacon Sub or Tomato Mozzarella Pesto Side Salad Veggie Cup | Cheese Pizza Side Salad Veggie Cup Cookie | Nachos Meat or Bean, Cheese, Sour Cream Salsa, Corn Side Salad Veggie Cup | Veggie Flatbread or Tomato Mozzarella Pesto Side Salad Veggie Cup |
| 10 | 11 | 12 | 13 | 14 |
| Macaroni and Cheese Garlic Bread Green Beans Side Salad Veggie Cup | Pulled Pork or Black Bean Burger Cole Slaw Side Salad Veggie Cup | Cheese Pizza Side Salad Veggie Cup Cookie | Cheese Quesadillas Chicken Tortilla Soup Salsa, Sour Cream Side Salad Veggie Cup | Noon Release No Service |
| 17 | 18 | 19 | 20 | 21 |
| School Vacation - No Service | | | | |
| 24 | 25 | 26 | 27 | 28 |
| Lasagna or Eggplant Parmesan Garlic Bread Side Salad Veggie Cup | Pesto Tortellini Cauliflower Garlic Bread Side Salad Veggie Cup | Cheese Pizza Side Salad Veggie Cup Cookie | Teriyaki Chicken or Tofu Rice Bowl with Broccoli Side Salad Veggie Cup | Grilled Cheese and Tomato Soup Side Salad Veggie Cup |
| DAILY BREAKFAST MENU : | | 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. | | |
| 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 | | | | |
| This institution is an equal opportunity provider. | | | | |
| <u>Full Lunch \$4.00</u> Includes Entree, All Sides, Fresh Fruit, Milk <u>Salad Bar \$4.00</u> Salad (to include a Protein: Chicken, Cheese, Egg) Fruit, Roll, Drink <u>Breakfast \$2.00</u> Includes Breakfast Item, Fruit, Drink |  | <u>A la carte</u> Breakfast Item \$2.00 Fruit \$.25 Extra Pizza slice \$1.50 <u>Drinks \$.50</u> Fat Free Chocolate Milk, 1% Milk, Orange Juice. Menu Subject To Change | | |