

Parker Charter School Lunch Menu

March 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Grilled Cheese and Tomato Soup Side Salad Veggie Cup
4 Cheese Lasagna or Eggplant Parm Garlic Bread Side Salad Veggie Cup	5 Pulled Pork or Tomato Mozzarella, Pesto Side Salad Veggie Cup	6 Cheese Pizza Side Salad Veggie Cup Cookie	7 Burger or Black Bean Burger Fries Side Salad Veggie Cup	8 Cheese Quesadillas, Chicken Tortilla Soup Salsa, Sour Cream Side Salad Veggie Cup
11 Macaroni and Cheese Garlic Bread Side Salad Veggie Cup	12 Chicken Caesar Wrap or Veggie Hummus Wrap Side Salad Veggie Cup	13 Cheese Pizza Side Salad Veggie Cup Cookie	14 Nachos Meat or Bean, Cheese, Sour Cream Salsa, Corn Side Salad Veggie Cup	15 No Service PLP Conferences
18 Shepherd's Pie or Vegetarian Option Side Salad Veggie Cup	19 Pesto Tortellini Garlic Bread Cauliflower Side Salad Veggie Cup	20 Noon Release No Service	21 Burritos Meat or Bean Sour Cream, Salsa Side Salad Veggie Cup	22 Chicken Teriyaki or Tofu, Rice Bowl with Broccoli Side Salad Veggie Cup
25 Pasta with Meatballs Garlic Bread Side Salad Veggie Cup	26 Turkey Bacon Sub or Tomato Mozzarella, Pesto Side Salad Veggie Cup	27 Cheese Pizza Side Salad Veggie Cup Cookie	28 Barbeque Chicken Potatoes, Squash or Veggie Hummus Wraps Side Salad	29 Veggie Flatbread or Chicken Wraps Side Salad Veggie Cup

<p>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</p>	<p>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.</p>
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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

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

Menu Subject To Change

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.