

Parker Charter School Lunch Menu

# April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Shells Green Beans Garlic Bread Side Salad Veggie Cup	2 Pulled Pork or Black Bean Burger Side Salad Veggie Cup	3 Cheese Pizza Side Salad Veggie Cup Cookie	4 Nachos Meat or Bean, Cheese, Sour Cream Salsa, Corn Side Salad Veggie Cup	5 Grilled Cheese and Tomato Soup Side Salad Veggie Cup
8 Cheese Lasagna or Eggplant Parm Garlic Bread Side Salad Veggie Cup	9 Breaded Chicken Potatoes, Squash or Veggie Hummus Wrap	10 Cheese Pizza Side Salad Veggie Cup Cookie	11 Cheese Quesadillas, Chicken Tortilla Soup Salsa, Sour Cream Side Salad Veggie Cup	12 Noon Dismissal No Service
15 April Break No Service	16 April Break No Service	17 April Break No Service	18 April Break No Service	19 April Break No Service
22 Pesto Tortellini Garlic Bread Side Salad Veggie Cup	23 Chicken Caesar Wrap or Veggie Hummus Wrap Side Salad Veggie Cup	24 Cheese Pizza Side Salad Veggie Cup Cookie	25 Burritos Meat or Bean Sour Cream, Salsa Side Salad Veggie Cup	26 Chicken Teriyaki or Tofu, Rice Bowl with Broccoli Side Salad Veggie Cup
29 Shepherd's Pie or Vegetarian Option Side Salad Veggie Cup	30 Turkey Bacon Sub or Tomato Mozzarella, Pesto 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.  
---  
Breakfast is served at 10:30 AM (9:30 on Wednesdays) in the cafeteria.

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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](mailto:program.intake@usda.gov).