For Lunch, students should choose a minimum of 3 full components of the 5 offered, one of which should include a fruit or veggie.

INTEGRATED DAY CHARTER SCHOOL LUNCH MENU

~*~*~*~*~FEBRUARY 2018*~*~*~*~*~

STUDENT LUNCH $3.25

ADULT HOT LUNCH $4.00

Milk, Fruit & Veggies Served with ALL Lunches.

Milk; Skim, 1%, FF
Chocolate, coffee flavored milk or Strawberry **$.50**
Switch **$1.25**
ICE CREAM **$.75**
(Friday only)

Adult Grab and Go Items are $4.00 and include an extra fruit or veggie and a milk of your choice

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Maple Baked Beans Caesar Salad Corny Blueberry Cobbler	**2** **Teacher Professional Development** **Noon Dismissal** **No Lunch Served**
5 WG French Toast Sticks, Syrup Cheesy Scramble Hash Brown Patty Strawberries N Cream Veggie Juice Fruit	**6** Chicken Bacon Ranch Sub Chicken Tenders, Chicken Bacon, Ranch Dressing Sweet Potato Fries Green Beans Fruit	**7** Baked Mac N Cheese WG Roll Honey Carrots Caesar Salad Fruit **Research Night 5:30 – 7:00 p.m.**	**8** Shredded Chicken Nachos, Salsa Refried Beans Seasoned Rice Mixed Veggies Fruit **Research Night Snow Date**	**9** WG Cheese Pizza Crisp Veggies Veggie Juice Frozen Fruit Cup **All School: Pod B**
12 **Brunch for Lunch** WG Pancakes, Syrup Scrambled Eggs Home Fried Potatoes Veggie Juice Fruit	**13** Chicken and Waffles WG Mozzarella Sticks, Belgium Waffle, Chicken Tenders Sweet Potato Wedges Green Beans Cranberry Apple Crisp Whipped Topping	**14** WG Cheese Ravioli, Marinara Sauce Turkey Stick WG Garlic Roll Tossed Salad, Italian Corn Niblets Fresh or Cupped Fruit	**15** Italian Roasted Chicken Wings Garbanzo Beans and Rice Cucumber Tomato Basil Salad Fruit	**16** WG Cheese Pizza Crisp Veggies Veggie Juice Frozen Fruit Cup **All School: Pod C**
19 **No School President's Day**	**20** **No School Winter Break**	**21** **No School Winter Break**	**22** **No School Winter Break**	**23** **No School Winter Break**
26 **The Mc Charter** Egg Patty, Chicken Bacon N Cheese French Toast Bagel Hash Brown Patty Veggie Fruit Juice Fruit **I.D.E.A. Planning Meeting 6:00 p.m.**	**27** Teriyaki Chicken Fried Veggie Brown Rice Steamed Broccoli Pineapple Cherry Crisp W/ Whipped Topping Fortune Cookie	**28** Chicken N Cheese Quesadilla, Salsa Refried Beans Seasoned Rice Edamame Fruit		***Menu Subject to Change due to availability.***

Alternative Lunch Options

Commonly referred to as Grab 'n Go, available for order daily as an alternative to the scheduled hot lunch.
All lunches include a variety of Fruits & Veggies, a Milk, a Whole Grain & a Protein.

Salad Lunches
Chef Salad Lunch
Chicken Caesar Salad Lunch
Caesar Salad Lunch
Tossed Salad Lunch

Sandwich Lunches
Ham Sandwich Lunch
Turkey Sandwich Lunch
Tuna Sandwich Lunch

Fun Lunches
WG Bagel Lunch and yogurt