

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

~*~*~*~*~*JUNE 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 **\$1.00**
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 Noon Dismissal
4 WG Blueberry Waffles Syrup Chicken Sausage Hash Browns Veggie Fruit Juice Mixed Berry Parfait	5 Cheesy Mac & Cheese WG Roll Steamed Broccoli Crisp Red Peppers Grape tomatoes Gelatin With Strawberries & Pears	6 Ms. Dara's Sheppard's Pie Seasoned Beef, Corn Niblets & Mashed Potatoes WG Biscuit Steamed Asparagus Strawberry Peach Cobbler	7 Cheese, Rice & Bean Empanada Sour Cream & Salsa Corn on the Cob Refried Beans Blueberry Corn Muffin Cobbler	8 WG Cheese Pizza Kale Caesar Salad Veggie Juice Frozen Fruit Cup
11 Cheese Omelet Blueberry Bagel, Cream Cheese Hash Browns Blueberries & Cream Veggie Fruit Juice	12 Grilled Cheese & Tomato Soup Carrots & Dip Roasted Asparagus Gelatin With Raspberries	13 Potato & Cheese Pierogi Caramelized Onions Strawberry Kale Salad Yogurt Dressing Corn Cob Strawberry Shortcake	14 Nachos with Beef Salsa Refried Beans Crisp Veggies Blueberry Granola Crisp	15 Picnic Fort Shantok
18 The McCharter WG Biscuit Egg Patty Chicken Sausage Patty & Cheese Hash Browns Veggie Fruit Juice Tri Berry Crumble	19 Cheeseburger WG Roll Sweet Potato Fries Crisp Veggies Gelatin With Blueberries	20 Chicken Tenders Cheesy Mashed Potatoes Steamed Broccoli WG Roll Berry Cobbler	21 All Beef Hot Dog WG Roll Waffle Fries Fruits & Veggies Chef Kim Treats Pre-K through 6th to Free Ice Cream! Graduation: 9:00	22 Last Day of School Pizza Party
Fruit of the MONTH  Berries		Vegetable of the MONTH  Asparagus	Have a safe, happy and healthy summer vacation!	Best Wishes from the Riverside Dining Room Team Chef Kim, Ms. Dara, Ms. Cara, Ms. Ashley and Ms. Ela

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

Bagel Lunch
Yogurt Lunch