

**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
				<b>1</b> <b>Noon Dismissal</b>
<b>4</b> <b>WG Blueberry Waffles</b> Syrup Chicken Sausage Hash Browns Veggie Fruit Juice Mixed Berry Parfait	<b>5</b> <b>Cheesy Mac &amp; Cheese</b> WG Roll Steamed Broccoli Crisp Red Peppers Grape tomatoes Gelatin With Strawberries & Pears	<b>6</b> <b>Ms. Dara's Sheppard's Pie</b> Seasoned Beef, Corn Niblets & Mashed Potatoes WG Biscuit Steamed Asparagus Strawberry Peach Cobbler	<b>7</b> <b>Cheese, Rice &amp; Bean Empanada</b> Sour Cream & Salsa Corn on the Cob Refried Beans Blueberry Corn Muffin Cobbler	<b>8</b> <b>WG Cheese Pizza</b> Kale Caesar Salad Veggie Juice Frozen Fruit Cup
<b>11</b> <b>Cheese Omelet</b> Blueberry Bagel, Cream Cheese Hash Browns Blueberries & Cream Veggie Fruit Juice	<b>12</b> <b>Grilled Cheese &amp; Tomato Soup</b> Carrots & Dip Roasted Asparagus Gelatin With Raspberries	<b>13</b> <b>Potato &amp; Cheese Pierogi</b> Caramelized Onions Strawberry Kale Salad Yogurt Dressing Corn Cob Strawberry Shortcake	<b>14</b> <b>Nachos with Beef Salsa</b> Refried Beans Crisp Veggies Blueberry Granola Crisp	<b>15</b> <b>Picnic Fort Shantok</b>
<b>18</b> <b>The McCharter</b> WG Biscuit Egg Patty Chicken Sausage Patty & Cheese Hash Browns Veggie Fruit Juice Tri Berry Crumble	<b>19</b> <b>Cheeseburger</b> WG Roll Sweet Potato Fries Crisp Veggies Gelatin With Blueberries	<b>20</b> <b>Chicken Tenders</b> Cheesy Mashed Potatoes Steamed Broccoli WG Roll Berry Cobbler	<b>21</b> <b>All Beef Hot Dog</b> WG Roll Waffle Fries Fruits & Veggies <b>Chef Kim Treats</b> <b>Pre-K through 6<sup>th</sup> to Free Ice Cream!</b> <b>Graduation: 9:00</b>	<b>22</b> <b>Last Day of School</b>  <b>Pizza Party</b>
Fruit of the MONTH  Berries		Vegetable of the MONTH  Asparagus	<b>Have a safe, happy and healthy summer vacation!</b>	<b>Best Wishes from the Riverside Dining Room Team</b> <b>Chef Kim, Ms. Dara, Ms. Cara, Ms. Ashley and Ms. Ela</b>

### 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