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

~*~*~*~*~*~*MAY 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 Cheeseburger WG Roll Sweet Potato Fries Green Beans Fresh Fruit **PK Screening 8:30-11:30**	**2 Beef Stroganoff** Cubed Beef WG Noodles Cream Sauce Mushroom &Onions WG Roll, Curried Carrots, Fruit **PK Screening 8:30-11:30**	**3 Sweet and Sour Chicken** Oriental Veggies Brown Rice Tomato/Bean Salad Fortune Cookie Fruit **I.D.E.A (tba)**	**4** **Noon Dismissal** **Teacher Professional Development**
7 WG Pancakes Syrup Hash Brown Chicken Sausage Yogurt with Fruit Veggie Fruit Juice Fresh Fruit	**8 Chicken Pot Pies** Smashed Sweet Potatoes Steamed Broccoli Gelatin with Fruit	**9 WG cheese Ravioli** Marinara Sauce Turkey Stick WG Garlic Roll Honey Carrots, Corn Fresh or Cupped Fruit **PK Screening**	**10 Nachos'** Beef & Cheese Refried Beans Corn on the Cob Fruit **7/8 Field Trip, Newport, RI**	**11 WG Stuffed Crust Cheese Pizza** Caesar Salad Veggie Juice Frozen Fruit Cup **All School: Specials**
14 WG French Toast Sticks Syrup Yogurt Hash Browns Veggie Fruit Juice Fresh Fruit	**15 Ms. Dara's Famous Meatloaf** Beef & Gravy Mashed Potatoes Honey Carrots WG Roll Gelatin With Fruit	**16 WG Pasta Bake** Marinara Sauce, Tender Pasta & Cheese WG Roll Green Beans Corn Niblets Fruit **Board Meeting: 5:30**	**13 Chicken and Waffles** WG Waffles Chicken Tenders Sweet Potato Wedges Green Beans Fresh Fruit **4/5 Artist in Residence**	**18 WG Stuffed Crust Cheese Pizza** Kale Caesar Salad Veggie Juice Frozen Fruit Cup **All School: pod A**
21 Broccoli and Cheese Omelet WG Biscuit Hash Browns Veggie Fruit Juice Fruit **I.D.E.A Planning Meeting**	**22 Sweet and Sour Meatballs** Beef Pineapple & Red Peppers Brown Rice Steamed Sweet Peas Gelatin With Fruit	**23 Chili Mac** WG pasta Turkey Chili Cheese Sauce Broccoli Steamed Carrots Fruit	**24 Oven Roasted BBQ Chicken** Maple Baked Beans Mixed Veggies Cornbread Fruit **Spring Musical Concert, 6:00**	**25 Surprise Pizza Day** Surprise Salad & Crisp Veggies Veggie Juice Frozen Fruit Cup
28 **No School Memorial Day**	**29 Chicken Tenders** Sweet Potato Fries WG Roll Corn Niblets Gelatin With Fruit	**30 WG Pasta** Meatballs Marinara Sauce Crisps Veggies Steamed Kale WG garlic Rolls Fresh Fruit	**31 Italian Roasted Chicken Wings** Garbanzo Beans Rice WG Roll Cucumber Tomato Basil Salad Fruit	

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
Hummus Lunch
Cheese & Cracker Lunch