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

~*~*~*~*~NOVEMBER 2017*~*~*~*~*~

STUDENT LUNCH $3.25

ADULT HOT LUNCH $4.00

(ADULT LUNCH INCLUDES WATER OR A MILK)

Milk, Fruit & Veggies Served with ALL Lunches.

Milk; Skim, 1% or, FF Chocolate or Strawberry **$.50**

Switch **$1.25**

ICE CREAM **$.75**
(Friday only)

Adult Grab and Go Items are $4.25 and include an extra fruit or veggie and a water or milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **Chicken Parm. Pasta Dinner** Tender WG Pasta, Tossed w/ Popcorn Chicken Marinara Sauce and 5 Cheeses Caesar Salad WG Honey Biscuit	2 **Cheeseburger** WG Roll Ketchup Baked Maple Beans Sweet Potato Tots Pineapple Cherry Crisp w/ Whipped Topping **Student Council Meeting**	3 Noon Dismissal Teacher PD
6 Noon Dismissal Student Led Conferences Report Cards	7 No School Teacher PD	8 Noon Dismissal Student Led Conferences **Musical Masterwiorks:11:00**	9 Noon Dismissal Student Led Conferences	10 No School Veteran's Day
13 **Brunch for Lunch** Scrambled Eggs Chicken Sausage Hash Brown Patty WG Biscuit Fruit Veggie Juice Fruit	14 **Baked BBQ Chicken Dinner** Whipped Sweet Potatoes, Mixed Veggies, WG Dinner Roll Peach Cobbler	15 **Chicken and Waffles** WG Mozzarella Sticks Belgium Waffle Chicken Tenders Maple Butternut Squash Green Beans Cranberry Apple Crisp Whipped topping **Board Meeting: 5:3-0 p.m.**	16 **Steak and Cheese Grinder** WG Roll, Shaved Steak American Cheese Roasted Indian Influenced Chick Peas Buttered Peas WG Biscuit Strawberries & Cream	17 **WG Cheese Pizza** Crisp Caesar Salad or Crisp Veggies Veggie Juice Frozen Fruit Cup **All School: Specials**
20 **Brunch for Lunch** WG Pancakes, Syrup Fruit Yogurt Hash Brown patty Veggie Juice Fruit	21 **Honey Mustard Glazed Popcorn Chicken** WG Roll Sweet Potato Fries Italian Bean Salad Fruit	22 Noon Dismissal Bread Feast	23 No School Thanksgiving Recess	24 No School Thanksgiving Recess
27 **Brunch for Lunch** **The McCharter** Egg Patty, Chicken Bacon and Cheese, English Muffin Hash Brown Patty Veggie Juice Fruit **I.D.E.A Planning Meeting**	28 **Grilled Cheese Flatbread** Alphabet Tomato Soup Crisp Veggies Tropical Bean Salad Fruit	29 **Asian Inspired Orange Glazed Popcorn Chicken** Fried Veggie Brown Rice Steamed Broccoli Pineapple Cherry Crisp with Whipped Topping Fortune Cookie	30 **Ms. Dara's Sheppard's Pie** Seasoned Ground Beef, Mashed Potatoes, Corn and Gravy WG Roll Steamed Green Beans Fruit	**The Riverside Café presents** **Lucky Plate Day** **Check your plate or Grab and Go Tray for something special each week**

<u>Grab and Go Selections</u>

All lunches include a variety of Fruits & Veggies, a Milk, a Whole Grain & a Protein

Salad Lunches
Chef, Caesar or chicken Caesar

Sandwich Lunches
Ham, Turkey, Tuna or Sun butter

Fun Lunch
WG Bagel and Yogurt