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

~*~*~*~*~OCTOBER 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)

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Brunch for Lunch** Blueberry Pancakes Chicken Sausage Sweet Potato Wedges Veggie Juice Fruit	**3** All Beef Meatball Grinder Marinara Sauce and Mozz. WG Sub Roll Garden Salad Creamy Cole Slaw Fruit	**4** Crispy Fish Sticks IDCS Tartar Sauce WG Roll & Lettuce Corn Niblets Potato Wedges Fruit	**5** BBQ Chicken Three Bean Honey Baked Beans Steamed Broccoli Corn Muffin Fruit	**6** **Noon Dismissal** No Lunch Served
9 **No School** **Indigenous People Day**	**10** WG Mozzarella Sticks Marinara Sauce Sweet Potato Fries Mixed Veggies WG Roll Fruit	**11** Pasta Bake WG Pasta Marinara & Mozzarella Cheese WG Garlic Stick Ginger Honey Carrots Assorted Crisp Veggies Fruit	**12** Honey Mustard Popcorn Chicken Grinder Italian Bean Salad Sweet Peas Fruit	**13** WG Cheese Pizza Crisp Caesar Salad Or Crisp Veggies Veggie Juice Frozen Fruit Cup
16 **Brunch for Lunch** WG French Toast Sticks Syrup Fruit Yogurt Sweet Potato Tots Veggie Juice Fruit	**17** Chicken Parmesan Grinder WG Sub Roll Chicken Patty Marinara & Mozzarella Sweet Potato Fries Creamy Cole Slaw Fruit	**18** Chili Mac Tender WG Pasta Tossed w/Ground Beef 3 Cheeses Topped w/ Crisp Corn Tortilla Chopped Tomato & Cucumber Salad Fruit **Board Meeting: 5:30 p.m.**	**19** Grilled Cheese Flatbread Alphabet Tomato Soup Crisp Veggies Tropical Bean Salad Fruit	**20** WG Cheese Pizza Crisp Caesar Salad Or Crisp Veggies Veggie Juice Frozen Fruit Cup
23 **Brunch for Lunch** WG Waffles Syrup Scrambled Eggs Patty Sweet Potato Tots Veggie Juice Fruit	**24** Popcorn Chicken n' Gravy Mashed Potatoes Steamed Broccoli WG Biscuit Strawberries & Cream	**25** **Ms. Dara's Sheppard's Pie** Seasoned Ground Beef Mashed Potatoes Corn & Gravy WG Roll Steamed Green Beans Fruit	**26** Taco Flat Bread Seasoned Beef, Cheese, Tomato & Lettuce Refried Beans Crisp Veggies Fruit	**27** WG Cheese Pizza Crisp Caesar Salad Or Crisp Veggies Veggie Juice Frozen Fruit Cup
30 **Brunch for Lunch** **The McCharter** Egg Patty Chicken Bacon & Cheese English Muffin Hash Brown Patty Veggie Juice Fruit	**31** WG Turkey Tacos Hard Shells Seasoned Turkey Meat, Cheese, Tomato & Lettuce Confetti Brown Rice Corn on the Cob Fruit		**The Riverside Café presents** **Lucky Plate Day** **Check your plate or Grab and Go Tray for something special each week**	

Grab and Go Selections

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 & Yogurt