November 2014 Charter School Menus

**All Menus Subject to Change	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Options Students must select a piece of Fruit along with their Breakfast Entrée Only $1.50	Multigrain Cereal & Yogurt Sausage & Cheese Bake 100% Fruit Juice & Milk	French Toast Sticks Fresh Made Breakfast Burrito Fresh Fruit & Milk	Chocolate Chip Banana Muffin Top *NEW Homemade Country Breakfast Pizza Pie* Fresh Fruit & Milk	Fresh Baked Cinnamon Roll *NEW Huevos Rancheros* Fresh Fruit & Milk	Fresh Baked Chocolate Chip Muffin Fresh Made Breakfast Burrito 100% Fruit Juice & Milk
 Lunch Options Students must select at least a 1/2 cup Fruit and/ or Veggies along with their Lunch Entrée www.chicousd.nutrislice.com Only $2.60 (Reduced 40¢)	NEW Hot Ham & Cheese Sandwich on Wheat Hoagie Roll Bean & Cheese Burrito Chico Chicken Chunks with Potato Wedges	NEW Chicken Taco Bowl with Tortilla chips Hamburger, Cheeseburger or Veggie Burger each on a Homemade Wheat Bun Peanut Butter & Jelly Sandwich with Sunflower Seeds	NEW Turkey And Gravy over Potatoes with a Homemade Wheat Roll Homemade Full Moon Cheese or Red Rocket Pepperoni Pizza on Wheat Crust Hamburger, Cheeseburger or Veggie Burger each on a Homemade Wheat Bun	NEW Teriyaki Chicken over Brown Rice Chicken Burger or Veggie Burger Peanut Butter & Jelly Sandwich with Sunflower Seeds www.chicousd.nutrislice.com	NEW Reduced Fat Macaroni & Cheese Italian Turkey Sub Sandwich on Wheat Turkey Corn Dog
Garden Bar	*Fresh Fruit* Fresh Green Salad Fresh Broccoli Baby Carrots Canned Corn	*Fresh Fruit* Fresh Green Salad Fresh Broccoli Baby Carrots & Kidney Beans	*Fresh Fruit* Fresh Green Salad Fresh Broccoli Baby Carrots Chickpeas & Corn	*Fresh Fruit* Fresh Green Salad Fresh Broccoli Baby Carrots Kidney Beans	*Fresh Fruit* Fresh Green Salad Fresh Broccoli Baby Carrots Chickpeas

1% White Milk and Nonfat Chocolate Milk are available for each meal. Students must take at least 1/2 fruit and/or vegetable with their meal. To encourage students to take and enjoy their healthy produce, we've created a fun menu using LOCAL PRODUCE EVERYDAY! All of our bread products are baked right here at our very own BAKERY using only fresh ingredients. COME JOIN US! For more information check out our website www.chicousd.nutrislice.com