



CHARLES SCHOOL

FALL 2017
BACK TO
SCHOOL!

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	BREAKFAST Cereal Bowl Orange Juice & Banana	BREAKFAST Cereal Bar String Cheese Fruit Juice & Apple	BREAKFAST Biscuit & Jelly Cheddar Cheese Cubes Apple Juice & Orange	BREAKFAST Cereal Bar Yogurt Cup Fruit Juice & Banana
	LUNCH Hotdog on Bun Vanilla Wafer Orange Baby Carrots w/ Ranch Baked Beans Fruit Juice Ketchup & Mustard	LUNCH Chicken Nuggets Dinner Roll Diced Pears Green Beans Tater Tots Apple Juice Ketchup & BBQ Sauce	LUNCH Macaroni & Cheese Dinner Roll Apple Broccoli Cuts & Diced Carrots Mix Orange Juice	LUNCH Grilled Chicken w/ American Cheese & Bun Diced Peaches Tater Tots Corn Fruit Juice Ketchup & Mustard
	NO SCHOOL			
MENU #2	BREAKFAST Cereal Bowl Cheddar Cheese Cubes Orange Juice & Apple	BREAKFAST Biscuit Yogurt Cup Fruit Juice & Orange	BREAKFAST Muffin String Cheese Orange Juice & Apple	BREAKFAST Biscuit & Jelly Cheddar Cheese Cubes Apple Juice & Banana
	LUNCH Fish Sticks Mandarin Oranges Broccoli Baked Beans Apple Juice Tartar Sauce	LUNCH Corn Dog Apple Diced Carrots Tater Tots Fruit Juice Ketchup & Mustard	LUNCH Pasta Bake Dinner Roll Orange Green Beans Fruit Juice	LUNCH Chicken Patty w/ American Cheese & Bun Applesauce Mashed Potatoes w/ Gravy Peas Fruit Juice Ketchup
	NO SCHOOL			
MENU #3	BREAKFAST Biscuit & Jelly Cheddar Cheese Cubes Orange Juice & Banana	BREAKFAST Cereal Bar String Cheese Apple Juice & Orange	BREAKFAST Muffin Yogurt Cup Fruit Juice & Apple	BREAKFAST Cereal Bowl String Cheese Orange Juice & Banana
	LUNCH Hotdog on Bun Strawberry Waffle Cookies Orange Baby Carrots w/ Ranch Baked Beans Apple juice Ketchup & Mustard	LUNCH Sock Rockin Chili Dinner Roll Apple Fruit Juice	LUNCH Macaroni & Cheese Dinner Roll Banana Broccoli & Cauliflower Mix Orange Juice	LUNCH Chicken Patty w/ Bun Apple Diced Carrots Tater Tots Peas Fruit Juice Ketchup & BBQ Sauce
	NO SCHOOL			
MENU #4	BREAKFAST Cereal Bar String Cheese Orange Juice & Orange	BREAKFAST Biscuit Yogurt Cup Fruit Juice & Apple	BREAKFAST Cereal Bowl Apple Juice & Orange	BREAKFAST Biscuit & Jelly Cheddar Cheese Cubes Fruit Juice & Banana
	LUNCH Beef & Bean Burrito Applesauce Black Beans Corn Fruit Juice Taco Sauce	LUNCH Chicken Nuggets Brown Rice Dinner Roll Mandarin Oranges Diced Carrots & Peas Mix Orange Juice Sweet N Sour Sauce	LUNCH Chicken Alfredo Dinner Roll Apple Broccoli & Cauliflower Mix Fruit Juice	LUNCH Grilled Chicken w/ American Cheese & Bun Orange Diced Carrots Tater Tots Apple Juice Ketchup
	NO SCHOOL			

July 2017							August 2017							September 2017								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
						1	30	31	1	2	3	4	5	3	4	5	6	7	8	9		
2	3	4	5	6	7	8	6	7	8	9	10	11	12	10	11	12	13	14	15	16		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	17	18	19	20	21	22	23		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	24	25	26	27	28	29	30		
23	24	25	26	27	28	29	27	28	29	30	31											
October 2017							November 2017							December 2017								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
	1	2	3	4	5	6	7				1	2	3	4							1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9		
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16		
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23		
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30		

Follow the menu with our easy to see key. Each week is represented by a specific color so that you always know what we are having to eat!

- Milk is included with breakfast and lunch. Choose from Skim White Milk, and Fat Free Chocolate Milk
 - Menus are subject to change due to availability of foods or unplanned school closings.
- In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice).*
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