

Achievers Early College Prep Charter School - Lunch

October 1 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Meatball Sub-1 Vegetarian Beans-3/4 c. Fresh Apple-1 Whole Grain Sub Roll Milk-8 oz.	2 W/G Chicken Fingers-3 Green Beans-3/4 c. Applesauce Cup-1/2 c, Whole Grain Bread Milk-8 oz.	3 Beef Nachos w/ Cheddar Cheese Sauce-5 oz. Fresh Baby Carrots w/ Dip-3/4 c. Whole Grain Scoops Tortilla Chips-1 oz. Fresh Banana-1/ Milk-8 oz.	4 Beef Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	5 Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
8 All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Orange-1 Milk-8 oz.	9 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. 6" Soft W/G Taco Shells-2 Fresh Apple-1/Milk-8 oz.	10 Spaghetti and Turkey Meatballs-6 oz. Diced Carrots-3/4 c. Whole Wheat Dinner Roll Pineapple Cups-1/2 c. Milk-8 oz.	11 Chicken Salad on a Whole Grain Potato Bun-1 Celery Sticks w/ Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	12 Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c.. Fresh Banana-1 Milk-8 oz.
15 Grilled BBQ Chicken Fillet on a Whole Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	16 TACO TUESDAY Beef Taco's w/ Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" W/G Hard Taco Shells-2 Diced Pear Cup-3/4 c.Milk-8 oz	17 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	18 Turkey Meatball Parmigiana Sub-1 Hot Baby Carrots-3/4 c. Whole Grain Sub Roll Fresh Banana-1 Milk-8 oz.	19 Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
22 Medium Square Cheese Ravioli w/ Meat Sauce-5 oz. Sliced Carrots-3/4 c. Fresh Orange-1 Whole Grain Bread Milk-8 oz.	23 TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. 6" Soft W/G Taco Shells-2 Fresh Apple-1/Milk-8 oz.	24 All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	25 BREAKFAST FOR LUNCH W/G French Toast Sticks w/ Syrup-3 Beef Sausage Links-3 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1/Milk-8 oz.	26 Domino's Pizza-1 Slice Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
29 All Beef Hamburger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	30 Cheese Manicotti w/ Meat Sauce-2 Green Beans-3/4 c. Whole Grain Bread Pineapple Cup-1/2 c. Milk-8 oz.	31 Grilled BBQ Chicken Bites-4 Hot Baby Carrots-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.		

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