

Achievers Early College Prep Charter School - Lunch(6-8)

September 3 - September 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LABOR DAY	4 W/G Chicken Fingers-3 Green Beans-3/4 c. Applesauce Cup-1/2 c, Whole Grain Bread Milk-8 oz.	5 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.	6 Hot Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Pineapple Cup-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	7 Domino's Whole Grain Cheese Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
10 All Beef Hamburger on a Whole Wheat Bun-1 Hot Baby Carrots-3/4 c. Fresh Orange-1 Milk-8 oz.	11 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.	12 Turkey Breast on a Whole Grain Potato Bun-1 Celery Sticks w/ Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	13 Swedish Turkey Meatballs-3 oz Roasted Potato Medley-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	14 Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c.. Pineapple Cup-1/2 c. Whole Grain Bread Milk-8 oz.
17 Grilled Chicken Parmigiana-3 oz. Green Beans-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.	18 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.	19 Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.	20 Turkey Meatball Sub-1 Diced Carrots-3/4 c. Whole Grain Sub Roll Fresh Banana-1 Milk-8 oz.	21 Domino's Whole Grain Cheese Pizza Slice-1 Romaine Salad w/ Dressing-1 1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.
24 Grilled Teriyaki Chicken Bites-3 oz. Green Beans-3/4 c. Fortune Cookie-1/ Fresh Orange-1 Whole Grain Bread Milk-8 oz.	25 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.	26 All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4 c. Pineapple Cups-1/2 c. Milk-8 oz.	27 Sliced Chicken and Cheese on a Whole Grain Potato Bun-1 Carrot Sticks w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	28 Macaroni and Cheese-7 oz. Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.

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