

OCTOBER 2018

GREENWOOD CHARTER SCHOOL BREAKFAST & LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
Breakfast	Waffles	Pancake Wrap	Muffins	Omelet	French Toast Sticks
Lunch	Teriyaki Beef Dippers Salad Bar Vegetables Fruit Milk or Water	Taquitos Salad Bar Vegetables Fruit Milk or Water	Breakfast for Lunch Salad Bar Vegetables Fruit Milk or Water	Shepherd's Pie Salad Bar Vegetables Fruit Milk or Water	Pizza Pie Cafe Salad Bar Vegetables Fruit Milk or Water
	8	9	10	11	12
Breakfast	Mini Pancakes	Breakfast Sliders	Muffins	Breakfast Burrito	Breakfast Bagel
Lunch	Hawaiian Haystacks Salad Bar Vegetables Fruit Milk or Water	Bean Burrito Salad Bar Vegetables Fruit Milk or Water	Baked Potato Salad Bar Vegetables Fruit Milk or Water	Chicken Strips Salad Bar Vegetables Fruit Milk or Water	Pizza Hut Salad Bar Vegetables Fruit Milk or Water
	15	16	17	18	29
Breakfast			Muffins		
Lunch	No School Fall Break 	No School Fall Break 	NO School  Fall Break	NO SCHOOL FALL BREAK 	NO SCHOOL FALL BREAK 
	22	23	24	25	26
Breakfast	Breakfast Sliders	Sausage Roll	Muffins	Scones	Breakfast Wrap
Lunch	Lemongrass Chicken with Rice Salad Bar Vegetables Fruit Milk or Water	Taco Pie Salad Bar Vegetables Fruit Milk or Water	Bagel Sandwich Salad Bar Vegetables Fruit Milk or Water	Chicken Nuggets Salad Bar Vegetables Fruit Milk or Water	Greenwood Pizza Salad Bar Vegetables Fruit Milk or Water
	29	30	31 Halloween		
Breakfast	Omelet	Muffins	No School		
Lunch	Nachos Salad Bar Vegetables Fruit Milk or Water	Chili Salad Bar Vegetables Fruit Milk or Water	<p>Breakfast is served 8:00-8:20. We offer yogurt, cereal, fruit or a daily special.</p> <p>Meals are subject to change, due to availability. This institution is an Equal Opportunity Provider/Employer.</p>		

SALAD BAR AND FRUIT OFFERED EVERY DAY!

WHAT MAKES A LUNCH?

- **Fruit**
- **Veggies**
- **Grains**
- **Protein**
- **Milk**

Kids must select 3-5 components
1 component needs to be 1/2 fruit and/or veggie

Milk or Water is offered with every meal.



