SEPTEMBER 2018

GREENWOOD CHARTER SCHOOL BREAKFAST & LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	3 **HOLIDAY**	4 **Pancake wrap**	5 **Muffin**	6 **Omelet**	7 **French Toast sticks**
Lunch	No School	Chicken Enchiladas Salad Bar Vegetables Fruit Milk or Water	Baked Potato Bar Salad Bar Vegetables Fruit Milk or Water	BBQ Rib Sandwich Salad Bar Vegetables Fruit Milk or Water	Pizza Pie Café Pepperoni/ Cheese Salad Bar Vegetables Fruit Milk or Water
Breakfast	10 **Mini Pancakes**	11 **Breakfast Sliders**	12 **Muffin**	13 **Breakfast Burrito**	14 **Breakfast Bagel**
Lunch	Mandarin Orange Chicken & Rice Salad Bar Vegetables Fruit Milk or Water	Quesadilla Salad Bar Vegetables Fruit Milk or Water	Chef Salad Salad Bar Vegetables Fruit Milk or Water	Hamburger/ Cheeseburger Salad Bar Vegetables Fruit Milk or Water	Greenwood Pizza Cheese Salad Bar Vegetables Fruit Milk or Water
Breakfast	17 **Waffles**	18 **Oatmeal**	19 **Muffins**	20 **Breakfast Squares**	21 **Fruit And yogurt Parfait**
Lunch	Mini Meatball sub Salad Bar Vegetables Fruit Milk or Water	Chicken Enchilada Chips Salad Bar Vegetables Fruit Milk or Water	Grilled Cheese Sandwich Salad Bar Vegetables Fruit Milk or Water	Chicken Alfredo Salad Bar Vegetables Fruit Milk or Water	Pizza Hut Cheese/ Pepperoni Salad Bar Vegetables Fruit Milk or Water
Breakfast	24 **No School**	25 **Sausage Roll**	26 **Muffin**	27 **Scones**	28 **Scrambled Eggs**
Lunch	No School	Taco Soup Salad Bar Vegetables Fruit Milk or Water	Hoagie Club Salad Bar Vegetables Fruit Milk or Water	Malibu Chicken Salad Bar Vegetables Fruit Milk or Water	Pizza Rippers Salad Bar Vegetables Fruit Milk or Water

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 ½ fruit and/or veggie

Milk or Water is offered with every meal.

Nourish the Seed

GreenWood

Breakfast is served 8:00-8:20.
We offer yogurt, cereal, fruit or a daily special.

Meals are subject to change, due to availability.
This institution is an Equal Opportunity Provider/Employer.