

URBAN CHOICE CHARTER SCHOOL MENU -SEPT 2010

Breakfast \$1.25- Reduced \$.25

Lunch \$2.25 -Reduced \$.25

Milk is served every day for breakfast and lunch (milk is not sold separately)

	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 8-10			Wednesday, Sept 8	Thursday, Sept 9	Friday, Sept 10
Breakfast			Pineapple Tidbits, Cereal	Fruit Juice, Apple Cinnamon Loaf	Petite Banana, Toasty O
Lunch			Rice Burger Wrap w/cheese, Fruit	Large Slice Cheese Pizza, Baby Carrots, Fruit	Fish Sandwich, Coleslaw, Fruit
Sept 13-17	Monday, Sept 13	Tuesday, Sept 14	Wednesday, Sept 15	Thursday, Sept 16	Friday, Sept 17
Breakfast	Pears, Waffle	Orange juice, Life Cereal	Petite Banana, Brown Sugar Oatmeal To-Go Bar	Apple, Whole Grain Pancake	Mandarin Oranges, WW Honey English Muffin
Lunch	Oven Baked Chix Nuggets, Tatar Tots, Fruit	BBQ Pulled Turkey, Appleslaw, Fruit	Chicken Fajita Wrap, Fruit	Southwestern Corn Bake, Fruit	Cobb Salad, Breadstick, Fruit
Sept 20-24	Monday, Sept 20	Tuesday, Sept 21	Wednesday, Sept 22	Thursday, Sept 23	Friday, Sept 24
Breakfast	Apple, Cinnamon Bagel	Pineapple Tidbits, Mini Blueberry Loaf	Petite Banana, Rice Krispies	Fruit Berry Medley, French Toast	Fruit Juice, Corn Pops
Lunch	Chicken Noodle Casserole, Fruit	Ham Dinner, Sweet Potatoes, Collard Greens, Dinner Roll	Turkey Caesar Salad, Breadstick, Fruit	Taco Day, Fruit	Chicken Salad Hoagie, Baby Carrots w/Dip, Fruit
Sept 27-30	Monday, Sept 27	Tuesday, Sept 28	Wednesday, Sept 29	Thursday, Sept 30	
Breakfast	Pears, Corn Muffin	Orange Juice, Raisin Bran	Cantaloupe Wedge, Whole Grain Pancake	Tropical Fruit, Plain Bagel	
Lunch	Whole Jamaican Patty, Corn w/Tomatoes, Fruit	Mac & Cheese w/Ham, Green Beans, Fruit	Meatball Sub, Tossed Salad, Fruit	Open Face Turkey Sandwich, Mashed Potatoes w/ Gravy, Fruit	