January 2017

CHARTER SECONDARY

MEATLESS MONDAY

Ask About an Alternative to Meatless Monday

MILK Available Each Day
Skim Milk
1% Low Fat White Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

Yogurt is Available Mon. - Fri. as an Entrée Option

All Rolls, Sandwich Breads, & Biscuits are Whole Grain Rich!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Winter Break No Classes	3 Chicken Nuggets w/ Artisan Roll Chicken Tender Box UBR® Fruit & Yogurt Platter Waffle Fries/ Baked Beans/ Vegetable Soup Pears/ Mixed Fruit Rips® Fruit Juice Slush	4 Hot Italian Sub Chicken Snack Wrap Yogurt Parfait Chicken Noodle Soup/ Hash Browns/ Green Beans Whole Apple/ Raisels Peach Juice	5 Shepherd Pie w/ Roll Chicken Sandwich 1905 Salad F2S Sauteed Cabbage Tossed Salad Tangerine/ F2S Cinnamon Applesauce F2S Grape Juice	6 Crunchy Beef Taco w/ Seasoned Rice Calzonettes w/ Marinara Chicken Caesar Salad F2S Black Bean Soup/ Steamed Corn Carrots w/ Dip Banana/ Fresh Grapes SideKicks® Frozen Fruit Juice Cup
9 Grilled Cheese Bosco Sticks w/ Marinara Summer Salad F2S Tomato Soup/ Golden Squash w/ Dip F2S Cherry Applesauce/ Raisels Apple Juice	10 Orange Chicken w/ Uncle Ben's Asian Rice ® Chicken Tender Box Buffalo Chicken Salad F2S Mashed Potatoes/ Sauteed Zucchini/ F2S Side Salad F2S Peach Cup/ Orange 100% Fruit Blend Juice	11 Nachos w/ Chili & Cheese Buffalo Chicken Bites w/ Artisan Roll Ranch Chicken BLT Salad F2S Steamed Broccoli/ Baked Potato/ Carrots w/ Dip Pears/ Tangerine F2S Cherry Apple Juice	12 BBQ Rib Sandwich Chicken Sandwich Oriental Chicken Salad F2S Sweet Potato Crosstrax/ Grape Tomatoes w/ Dip F2S Garden Harvest Cup F2S Mixed Fruit/ Banana Grape Juice	13 Chicken Poppers w/ Biscuit Calzonettes w/ Marinara Yogurt Parfait Corn Chowder Fresh Green Beans/ F2S Carrots w/ Hummus Applesauce Cup/ Fresh Grapes SideKicks® Frozen Fruit Juice Cup
16 CELEBRATE MARTIN LUTHER KING, JR I have a dream... No Classes	17 Professional Day No Classes	18 Macaroni & Cheese w/ Garlic Toast Chicken Snack Wrap Chef Salad F2S Garden Harvest Cup/ F2S Golden Squash w/ Dip F2S Peach Cup/ Tangerine F2S 100% Fruit Blend Juice	19 Hot Cuban on Authentic Cuban Bread Chicken Sandwich 1905 Salad F2S Steak Fries/ Baked Beans/ Steamed Squash F2S Cinnamon Apples/ Banana Peach Juice	20 Chicken Nuggets w/ Artisan Roll Calzonettes w/ Marinara Yogurt Parfait Chicken Tortilla Soup/ Crinkle Fries/ Grape Tomatoes w/ Dip F2S Cherry Applesauce/ Fresh Grapes SideKicks® Frozen Fruit Juice Cup
23 Penne w/ "Beyond Meat" Sauce & Dinner Roll Bosco Sticks w/ Marinara Spring Salad F2S Steamed Corn/ Side Salad F2S Peach Cup/ Apple Slices Cherry Apple Juice	24 Hot Ham & Cheese on Pretzel Bun Chicken Tender Box Large Spinach Salad Baby Carrots w/ Dip/ Sauteed Zucchini F2S Cinnamon Applesauce/ Orange Peach Juice	25 Turkey Supreme w/ Artisan Roll Hot Dog Buffalo Chicken Bites w/ Artisan Roll Chicken Caesar Salad F2S Waffle Fries/ Baked Beans Urban Pickles F2S Mixed Fruit/ Tangerine F2S Grape Juice	26 Smokehouse Burger Chicken Sandwich Oriental Chicken Salad F2S Potato Smiles/ Fresh Green Beans/ F2S Grape Tomatoes w/ Dip F2S Pears/ Banana Apple Juice	27 Chicken Tenders w/ Biscuit Calzonettes w/ Marinara Yogurt Parfait Kale Salad/ Tator Tots/ Applesauce Cup/ Strawberries F2S SideKicks® Frozen Fruit Juice Cup
30 Rice & Bean Enchilada Bosco Sticks w/ Marinara UBR Fruit & Yogurt Platter Steamed Squash/ F2S Side Salad F2S Applesauce/ Grapefruit F2S 100% Fruit Blend Juice	31 Crunchy Beef Taco w/ Rice Chicken Tender Box Cobb Salad F2S Steamed Corn/ Refried Beans Pears/ Tangerine F2S Rips® Fruit Juice Slush			

Look for the Logo! **F2S**
We purchase milk, eggs, and seasonal produce from Local Farmers!

Florida Farm To School

MENU SUBJECT TO CHANGE

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THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

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