

Principle Academy Charter

Karson Foods

September~Lunch

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<u>Happy Labor Day</u>			Sliced Chicken on W/G Potatoe Bun Celery Sticks w/ Ranch Dressing Fresh Banana <u>Early Dismissal</u>	Beef Bologna on Wheat Hamburger Bun Romaine Side Salad w/ Ranch Fresh orange <u>Early Dismissal</u>
8	9	10	11	12
W/G Mini Cheese Quesadillas Plantains Cherry Craisins	All Beef Hamburger with Wheat Hamburger Bun Sweet Potato Fries Fresh Apple	Cheese Lasagna with Spaghetti Sauce Green Beans Whole Wheat Dinner Roll Fresh Pear	BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Turkey Sausage Links Black Bean & Corn Salad Fresh Banana	W/G Turkey & Beef Pepperoni Pizza Pocket Romaine Salad w/ Ranch Fresh Orange
15	16	17	18	19
Grilled Chicken Fillet w/ Gravy Mashed Potatoes Wheat Dinner Roll Orange Craisins	W/G Popcorn Chicken w/ Sweet & Sour Sauce Vegetarian Beans Whole Grain Bread Fresh Apple	W/G Cheese Manicotti w/ Spaghetti Sauce Diced Carrots Wheat Dinner Roll Fresh Pear	Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Celery Sticks w/ Ranch Fresh Banana	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Ranch Fresh Orange
22	23	24	25	26
W/G Chicken Fingers Vegetarian Beans Whole Grain Bread Strawberry Craisins	W/G Cheese Ravioli w/ Beef Meat Sauce Corn Whole Grain Bread Fresh Apple	Tri Color Tortellini w/ Alfredo Sauce Diced Carrots Whole Grain Bread Fresh Pear	Chicken Meatballs w/ Teriyaki Sauce Oriental Mixed Vegetables Whole Wheat Dinner Roll Fresh Banana	W/G Turkey & Beef Pepperoni Pizza Pocket Romaine Salad w/ Ranch Fresh Orange
29	30			
Chicken Tacos w/ Shredded Cheddar Cheese on W/G Flour Tortillas Corn Cherry Craisins	Beef Meatballs Parmigiana with Wheat Sub Roll Diced Carrots Fresh Apple			