



**NUTRIMEALS**

# CHARTER BREAKFAST - DECEMBER 2017

| MONDAY   |   | TUESDAY |  | WEDNESDAY |   | THURSDAY   |  | FRIDAY        |   |   |   |  |
|----------|---|---------|--|-----------|---|------------|--|---------------|---|---|---|--|
| HONEYDEW |   | APPLE   |  | BANANA    |   | CANTALOUPE |  | JUICE OR PEAR |   |   |   |  |
| 4        | CINNAMON BUN<br>1 (2.7 OZ)<br>1 CUP<br>8 FL OZ<br>MILK            | 5       | PANCAKES, WHEAT<br>SYRUP<br>1 CUP<br>1 CUP<br>1 CUP<br>8 FL OZ<br>MILK         | 6         | BLUEBERRY SPOONERS CEREAL<br>BEAR GRAHAM<br>1 CUP<br>1 OZ<br>1 CUP<br>8 FL OZ<br>MILK | 7          | WHEAT BAGEL<br>CREAM CHEESE<br>1 CUP<br>1 OZ<br>1 CUP<br>8 FL OZ<br>MILK       | 8             | SAUSAGE & CHEESE MUFFIN<br>KETCHUP<br>100% FRUIT JUICE OR FRUIT<br>MILK | 1   | FRENCH TOAST, WHEAT<br>SYRUP<br>100% FRUIT JUICE OR FRUIT<br>MILK | 1 (3.25 OZ)<br>1<br>8 FL OZ / 1<br>8 FL OZ |
| 11       | DOUBLE CHOCOLATE MUFFIN<br>1 (3.0 OZ)<br>1 CUP<br>8 FL OZ<br>MILK | 12      | BEAN & CHEESE BURRITO<br>TAPATIO<br>1 CUP<br>1 CUP<br>1 CUP<br>8 FL OZ<br>MILK | 13        | CINNAMON CRUMB CAKE<br>1 (3.6 OZ)<br>1 CUP<br>8 FL OZ<br>MILK                         | 14         | STRAWBERRY YOGURT<br>GRANOLA<br>1 (3.4 OZ)<br>2 OZ<br>1 CUP<br>8 FL OZ<br>MILK | 15            | MINI PANCAKES, WHEAT<br>SYRUP<br>100% FRUIT JUICE OR FRUIT<br>MILK      | 8 (3.0 OZ)<br>1<br>8 FL OZ / 1<br>8 FL OZ |   |  |
| 18       |   | 19      |  | 20        |   | 21         |  | 22            |   |   |   |  |
| 25       |   | 26      |  | 27        |   | 28         |  | 29            |   |   |   |  |

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DR. OLGA MOHAN HIGH SCHOOL  
LUNCH

- DECEMBER 2017

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| APPLE  | JUICE OR CANTALOUPE   | PEAR   | BANANA  | HONEYDEW  |
| CHICKEN TENDERS<br>*MILD CHICKEN TENDERS<br>POTATO WEDGES<br>*APPLE BELL<br>*KETCHUP (1)<br>*FRUIT<br>*MILK  | BURRITO<br>BEAN & CHEESE<br>BURRITO TAPATIO<br>BROCCOLI<br>FLORETS RANCH<br>DRESSING<br>JUICE OR FRUIT<br>MILK  | MAKE YOUR OWN TOS SALAD<br>*SEASONED GRINDING BEEF<br>*REFRESHED BEANS<br>*MIXED LETTUCE & TOMATOES<br>*CORN SALAD (PREPARED)<br>*FRUIT<br>*MILK | CHICKEN BURGER<br>BREADED CHICKEN<br>BURGER WHEAT<br>HAMBURGER BUN<br>KETCHUP<br>POTATO SALAD<br>FRUIT MILK           | SLIMY & CHEESE SANDWICH<br>*WHEAT BREAD<br>DELI TURKEY<br>SLICES ONION<br>*MAYONNESE<br>*RANCH DRESSING<br>*MAYO & MUSTARD<br>*FRUIT<br>*MILK |
| CHICKEN BURGER<br>*MILD CHICKEN PATTY<br>*MILK<br>*SEASONED GRINDING BEEF<br>*REFRESHED BEANS<br>*MIXED LETTUCE<br>*WHEAT BUN<br>*KETCHUP<br>*MAYONNESE<br>*FRUIT<br>*MILK | BEEF SANDWICH<br>*SEASONED GRINDING BEEF<br>*REFRESHED BEANS<br>*MIXED LETTUCE<br>*MAYONNESE<br>*FRUIT<br>*MILK | HAMBURGER<br>BEEF HAMBURGER PATTY<br>WHEAT HAMBURGER BUN<br>KETCHUP<br>FRUIT<br>MILK   | HOAGIE SANDWICH<br>DELI TURKEY SLICED<br>CHEESE WHEAT<br>HOAGIE<br>MAYONNAISE & MUSTARD<br>POTATO SALAD<br>FRUIT MILK | BBQ RIB SANDWICH<br>BBQ RIB PATTY<br>WHEAT HAMBURGER BUN<br>CELERY STICKS<br>RANCH DRESSING<br>FRUIT<br>MILK                                  |
| 2 OZ<br>8 OZ<br>1<br>1<br>1<br>1<br>8 FL OZ  | 1<br>1<br>1<br>1<br>1<br>1<br>8 FL OZ   | 2 OZ<br>8 OZ<br>4 OZ<br>1<br>1<br>1<br>8 FL OZ   | 2 OZ<br>1<br>1<br>1 CUP<br>1<br>8 FL OZ   | 2 OZ<br>2<br>2<br>1 CUP<br>1<br>8 FL OZ   |
| 11   | 12  | 13   | 14  | 15  |
| 16   | 17  | 18   | 19  | 20  |
| 21   | 22  | 23   | 24  | 25  |
| 26   | 27  | 28   | 29  | 30  |

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