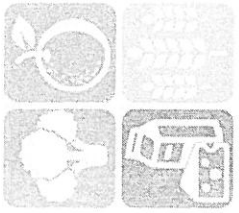


NUTRIMEALS

CHARTER COLD BREAKFAST - NOVEMBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| ORANGE | APPLE | BANANA | ORANGE | GREEN APPLE |
| | 1 | 2 | 3 | 4 |
| | TOASTY O'S BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK | HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK |
| 7 | 8 | 9 | 10 | 11 |
| WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK | FROSTED SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK | DOUBLE CHOCOLATE MUFFIN FRUIT 1% OR FAT FREE MILK | MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK |
| 14 | 15 | 16 | 17 | 18 |
| BLUEBERRY MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | HONEY SCOOTERS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK | CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK | HONEY GRAHAM TOASTERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK |
| 21 | 22 | 23 | 24 | 25 |
| | | | | |
| 28 | 29 | 30 | | |
| DOUBLE CHOCOLATE MUFFIN FRUIT 1% OR FAT FREE MILK | CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK | MARSHMALLOW MATEYS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK | | |



CHARTER LUNCH - NOVEMBER 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| APPLE | JUICE OR MELON | GREEN APPLE | BANANA | ORANGE |
| | 1 | 2 | 3 | 4 |
| | Burrito Bean & Cheese Burrito Tapatío Broccoli Florets Ranch Dressing Juice or Fruit Milk | CHEESY CHICKEN CASSEROLE GRILLED CHICKEN SHREDDED CHEESE WHEAT ROLL WHITE SAUCE BROCCOLI FRUIT MILK | TERIYAKI CHICKEN BOWL TERIYAKI CHICKEN STEAMED BROWN RICE CALIFORNIA VEGETABLES TAPATIO FRUIT MILK | CHICKEN TENDERS BAKED CHICKEN TENDERS W/HEAT ROLL POTATO WEDGES KETCHUP (2) FRUIT MILK |
| 7 | 8 | 9 | 10 | 11 |
| HAMBURGER HAMBURGER PATTY WHEAT BUN SHREDDED LETTUCE & SLICED TOMATO POTATO WEDGES KETCHUP/MUSTARD/MAYO FRUIT MILK | SPAGHETTI W/MEATBALLS WHOLE WHEAT SPAGHETTI W/ MEATBALLS (3 OZ) TOMATO SAUCE BROCCOLI JUICE OR FRUIT MILK | SOUTHWEST CHICKEN SEASONED BAKED DRUMSTICKS WHEAT ROLL SEASONED CARROT COINS TAPATIO FRUIT MILK | CHIPOTLE BEEF BOWL CHIPOTLE BEEF SPANISH BROWN RICE PINTO BEANS TAPATIO FRUIT MILK | |
| 14 | 15 | 16 | 17 | 18 |
| Pizza Pizza Slice Carrot Sticks Ranch Dressing Fruit Milk | Burrito Bean & Cheese Burrito Tapatío Broccoli Florets Ranch Dressing Juice or Fruit Milk | BEEF NACHOS SEASONED GROUND BEEF REFRIED BEANS WITH SHREDDED CHEESE TORTILLA CHIPS TAPATIO FRUIT MILK | Chicken Burger Breaded Chicken Burger Wheat Hamburger Bun Ketchup Potato Salad Fruit Milk | THANKSGIVING SPECIAL SLICED TURKEY W/ GRAVY MASHED POTATOES WHEAT ROLL PUMPKIN PIE JUICE MILK |
| 21 | 22 | 23 | 24 | 25 |
| | | | | |
| 28 | 29 | 30 | | |
| CHICKEN BURGER BREADED CHICKEN PATTY WHEAT BUN SHREDDED LETTUCE CARROT STICKS RANCH DRESSING KETCHUP/MUSTARD FRUIT MILK | PENNE ALFREDO WHEAT PENNE PASTA W/ CHICKEN ALFREDO SAUCE GREEN BEANS JUICE OR FRUIT MILK | BEEF NACHOS SEASONED GROUND BEEF REFRIED BEANS W/ SHREDDED CHEESE TORTILLA CHIPS TAPATIO FRUIT MILK | | |