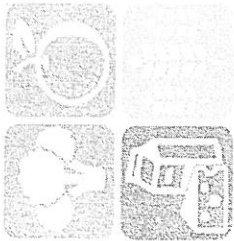


NUTRIMEALS

# CHARTER COLD BREAKFAST - JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ORANGE	APPLE	BANANA	ORANGE	GREEN APPLE
2	3	4	5	6
9	10	11	12	13
			WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	HONEY SCOOTERS BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK
16	17	18	19	20
	WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	DOUBLE CHOCOLATE MUFFIN BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	BLUEBERRY SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK	
23	24	25	26	27
CINNAMON CRUMB CAKE FRUIT 1% OR FAT FREE MILK	TOASTY O'S BEAR GRAHAMS 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
30	31			
WHEAT BAGEL CREAM CHEESE FRUIT 1% OR FAT FREE MILK	FROSTED SPOONERS CEREAL BEAR GRAHAMS FRUIT 1% OR FAT FREE MILK			



**NUTRIMEALS**

# CHARTER LUNCH - JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLE 2	JUICE OR MELON 3	GREEN APPLE 4	BANANA 5	ORANGE 6
9	10	11	12	13
		BEEF NACHOS *SEASONED GROUND BEEF REFRIED BEANS SHREDDED CHEESE *TORTILLA CHIPS *TAPATIO *FRUIT *MILK	CHEESY CHICKEN BAKED POTATO *CHICKEN BROCCOLI BAKED POTATO CHEESE *WHEAT ROLL *TAPATIO *FRUIT *MILK	HAMBURGER *HAMBURGER PATTY *SHREDDED LETTUCE & SLICED TOMATO *CELERY STICKS *WHEAT BUN *RANCH DRESSING *KETCHUP/MUSTARD/MAYO *FRUIT *MILK
16	17	18	19	20
	BEEF & BROCCOLI *SEASONED BEEF BROCCOLI BROWN RICE *TAPATIO *JUICE OR FRUIT *MILK	BBQ CHICKEN *SEASONED BAKED DRUMSTICKS POTATO WEDGES *CORN MUFFIN *KETCHUP *FRUIT *MILK	CHICKEN FAJITA BOWL *CHICKEN FAJITAS SPANISH BROWN RICE PINTO BEANS *TAPATIO *FRUIT *MILK	Turkey & Cheese Sandwich Deli Turkey Sliced Cheese Wheat Bread Mayonnaise & Mustard Celery Sticks Ranch Dressing Fruit Milk
23	24	25	26	27
CHICKEN PARMESAN SANDWICH *BREADED CHICKEN PATTY TOMATO SAUCE *CARROT STICKS *WHEAT BUN *RANCH DRESSING *FRUIT *MILK	Burrito Bean & Cheese Burrito Tapatio Broccoli Florets Ranch Dressing Juice or Fruit Milk	CHEESY CHICKEN CASSEROLE *GRILLED CHICKEN SHREDDED CHEESE WHEAT ROTINI WHITE SAUCE BROCCOLI *FRUIT *MILK	TERIYAKI CHICKEN BOWL *TERIYAKI CHICKEN STEAMED BROWN RICE CALIFORNIA VEGETABLES *TAPATIO *FRUIT *MILK	CHICKEN TENDERS *BAKED CHICKEN TENDERS POTATO WEDGES *WHEAT ROLL *KETCHUP (2) *FRUIT *MILK
30	31			
HAMBURGER *HAMBURGER PATTY POTATO WEDGES *SHREDDED LETTUCE & SLICED TOMATO *WHEAT BUN *KETCHUP/MUSTARD/MAYO *FRUIT *MILK	SPAGHETTI W/MEATBALLS *WHOLE WHEAT SPAGHETTI MEATBALLS (3 OZ) TOMATO SAUCE BROCCOLI *JUICE OR FRUIT *MILK			