

NAME: (First and Last) \_\_\_\_\_

# LUNCH MENU

Arcadia Charter School

| Menu Subject to Change  |  | April School Lunch Grades 6 - 12 2016-2017   |   |  |   |
|---|--|--|---|--|---|
| Monday<br>3rd   | Tuesday<br>4th   | Wednesday<br>5th   | Thursday<br>6th   | Friday<br>7th  |   |
| Pizza Burger Flatbread with Shredded Mozzarella<br>or<br>Italian Cold Cut Combo<br>Baby Carrots<br>Hummus<br>Fresh Orange<br>Fresh Grapes         | Beef Tacos<br>or<br>Chicken Cheddar Wrap<br>Whole Grain Tortilla<br>Shredded Cheese<br>Shredded Romaine Lettuce<br>Refried Beans, Taco Sauce, Sour Cream<br>Fresh Apple<br>Diced Tomatoes                      | Creamy Chicken Alfredo<br>or<br>Penne Pasta<br>Roast Turkey And Cheese Sandwich<br>Romaine Salad & Italian Dressing<br>Baby Carrots<br>Fresh Melon<br>Dinner Roll                              | BBQ Beef Meatballs<br>or<br>Turkey Club Sub<br>Fresh Broccoli<br>Potato Wedges & Ketchup<br>Cobread<br>Fresh Grapes   | Sausage Pizza<br>or<br>Cheese Pizza<br>Baby Carrots & Cauliflower Florets<br>Ranch Dressing<br>Pineapple Chunks        |   |
| Chicken Tenders<br>or<br>Turkey Ham and Cheese Sub<br>BBQ Sauce<br>Green Beans<br>Carrot Sticks & Ranch<br>Fresh Apple<br>Dinner Roll<br>Butter   | 11th<br>Cheeseburger<br>or<br>Chicken Caesar Wrap<br>Hamburger Bun<br>Fresh Zucchini<br>Vegetarian Baked Beans<br>Fresh Grapes<br>Ranch & Ketchup  | 12th<br>Chicken Drumstick<br>or<br>Turkey Club Sub<br>Loaded Mashed Potatoes<br>Fresh Broccoli & Ranch Dressing<br>Fresh Orange<br>Whole Grain Cookie<br>Dinner Roll<br>Applesauce             | 13th<br>Crunchy Orange Chicken<br>or<br>Southwest Chicken Wrap<br>Vegetable Brown Fried Rice<br>Kohlrabi and Grape Tomatoes<br>Fresh Banana & Grapes<br>Ranch Dressing    | 14th<br>Sausage Pizza<br>or<br>Cheese Pizza<br>Baby Carrots<br>Kale & Romaine Salad<br>Italian Dressing<br>Fresh Melon |   |
| 17th<br>Crispy Chicken on a Bun<br>or<br>Italian Cold Cut Combo<br>Grape Tomatoes & Ranch Dressing<br>Steamed Corn<br>Chilled Peas<br>Mayo        | 18th<br>Mini Turkey Corn Dogs<br>or<br>Chicken Cheddar Wrap<br>Vegetarian Baked Beans<br>Romaine Salad<br>French Dressing<br>Fresh Banana<br>Ketchup<br>Pineapple Tidbits                                      | 19th<br>Sweet & Sour Chicken Meatballs<br>or<br>Roast Turkey And Cheese Sandwich<br>Vegetable Brown Rice<br>Fresh Broccoli & Ranch Dressing<br>Celery Smiles<br>Fresh Melon                    | 20th<br>Roast Turkey & Gravy<br>or<br>Turkey Club Sub<br>Buttermilk Biscuit<br>Glazed Carrots<br>Fresh Sugar Snap Peas<br>Applesauce Cup<br>Dried Cranberries             | 21st<br>Sausage Pizza<br>or<br>Cheese Pizza<br>Mixed Green Salad & Ranch Dressing<br>Zucchini Coins<br>Fresh Apple     |   |
| 24th<br>French Toast & Syrup<br>Turkey Sausage<br>or<br>Turkey Ham & Cheese Sub<br>Fresh Cucumbers<br>Chilled Peaches<br>Wango Mango Veggie Juice | 25th<br>Chicken Tacos<br>or<br>Chicken Caesar Wrap<br>Whole Grain Tortillas<br>Shredded Cheddar Cheese & Taco Sauce<br>Diced Tomatoes<br>Shredded Romaine<br>Fresh Banana<br>Carrot Sticks<br>Mandarin Oranges | 26th<br>Mighty Meatball Foldit<br>or<br>Turkey Club Sub<br>Beef Meatballs in Marinara Sauce<br>Flatbread<br>Shredded Mozzarella Cheese<br>Fresh Apple<br>Tater Tots & Ketchup<br>Celery Smiles | 27th<br>Turkey Cheeseburger<br>or<br>Southwest Chicken Wrap<br>Hamburger Bun<br>Shredded Lettuce<br>Vegetarian Baked Beans<br>Fresh Strawberries<br>Ketchup<br>Applesauce | 28th<br>Sausage Pizza<br>or<br>Cheese Pizza<br>Baby Carrots & Fresh Broccoli<br>Ranch Dressing<br>Mandarin Oranges     |   |
|   |  |  |   |  | Lancer Dining Services does not use pork, peanut, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned), 100% whole grains and a variety of lean meats using heart-healthy oils and low salt seasonings. Please visit <a href="http://dining.lancerhospitality.com">dining.lancerhospitality.com</a> for more information. |

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED.

This institution is an equal opportunity provider.