

Arcadia Charter School

October 2018

HOT & COLD LUNCH

Prices: Student - \$4.00, Adult - \$4.50

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
 Fresh Green Salad - Garden, Caesar, Spinach Mix, OR Oriental
 Low Fat Dressing/Dip
 Fresh Veggies - Carrots, Broccoli, Cucumber, Tomatoes OR Celery
 Fresh Fruit - Apple, Orange, OR Banana
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1st	2nd	3rd	4th	5th
Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	Santa Fe Chicken Wrap Refried Beans Salad, Fruit, Milk VEG - Santa Fe Cheese Wrap	Bag Lunches Turkey & Cheese Wrap Baked Chips Veggies, Fruit, Milk VEG - Multi-Cheese Wrap	Chicken Alfredo Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
8th	9th	10th	11th	12th
Meatball Hoagie Baked Beans Salad, Veggies, Fruit, Milk VEG - Egg Salad Sub	Soft Shell Chicken Taco Corn Salad Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	Beef Enchilada Bake Dinner Roll Salad, Veggies, Fruit, Milk VEG - Cheese Enchilada Bake	Chicken Philly Hoagie Roasted Potatoes Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
15th	16th	17th	18th	19th
Chicken Patty Sandwich Salad, Veggies, Fruit, Milk VEG - Vegetable Bean Soup & Muffin	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	BBQ Beef on Bun Potato Wedges Salad, Fruit, Milk VEG - Italian Cheese Hoagie	No School	No School
22nd	23rd	24th	25th	26th
Buffalo Chicken on Bun Deli Coleslaw Salad, Veggies, Fruit, Milk VEG - Italian Cheese Hoagie	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same	Teriyaki Chicken Leg Steamed Corn & Biscuit Salad, Fruit, Milk VEG - Egg Salad Sub	Beef & Cheese Nachos w/ Refried Beans Salad, Fruit, Milk VEG - Cheese Burrito	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same
29th	30th	31st		
BBQ Meatball Hoagie Baked Beans Salad, Fruit, Milk VEG - Egg Salad Sub	Chicken Mostaccioli Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheese Mostaccioli	Salisbury Steak Mashed Potatoes & Biscuit Salad, Fruit, Milk VEG - Multi-Cheese Sand		

BREAKFAST

Price: Student - \$2.70

SERVED DAILY

Fresh Fruit - Apple, Orange, OR Banana
 Fruit Juice - Apple, Grape OR Orange
 Variety of Milk, including Skim

Breakfast Loaf String Cheese Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Breakfast Cereal String Cheese Fruit, Milk	Assorted Muffins Fruit, Juice, Milk	Cereal Bar String Cheese Fruit, Juice, Milk
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**MENUS SUBJECT TO INFREQUENT CHANGE
 BASED ON AVAILABILITY OF ITEMS**
 Note: Menus may use ingredients that contain
 peanuts, other nuts/seeds, milk, egg, soybean,
 and other products.

This institution is an equal opportunity provider.

Our Commitment

“Healthy Food, Healthy Message”
 We provide wholesome, delicious, real food
 that helps teach the right message to children.

ANY QUESTIONS? CONTACT:
 School Office @ 507-663-8806 or
 DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com