

GLOBAL  
CONCEPTS  
CHARTER SCHOOLS  
Lunch Menu 9-12  
Student Price \$3.10

# June 2019

Pre-Paid Full & Reduced Lunches are available daily, weekly and monthly weekly, monthly, yearly.

Menu is subject to change.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Proudly Participating in Farm To School Programs!</b> This Month Featuring <b>NY State Apples</b> From <b>LynOaken Farms!!</b></p>	<p>“Find a Summer Food Service Program in your area by using the following link  <a href="http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp/2014%20SFSP%20Sites.htm">http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp/2014%20SFSP%20Sites.htm</a> </p>			
<p>3 <b>Regents Exam</b></p> <p>Chef's Choice (2M, 2G)</p> <p>-----</p> <p>Chef's Choice 1/2c Choice of Fruit 1/2c</p>	<p>4 Chicken &amp; Gravy Over Egg Noodles (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</p>	<p>5 <b>No Lunch Staff Development Day</b></p>	<p>6 Cheeseburger on Roll (2M, 2G)</p> <p>-----</p> <p>Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>7 Nacho Grande (2M, 2G)</p> <p>-----</p> <p>Green Beans 1/2c Carrots 1/2 Choice of Fruit 1/2c</p>
<p>10 Chicken Nuggets (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c</p>	<p>11 <b>No Lunch Staff Development Day</b></p>	<p>12 French Toast Sticks Egg Patty (2M, 2G)</p> <p>-----</p> <p>Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>13 Pizza (2M, 2G)</p> <p>-----</p> <p>Romaine Salad 1c Diced Tomatoes 1/2c Choice of Fruit 1/2c</p>	<p>14 Macaroni w/Meat Sauce (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c</p>
<p>17 Chicken Pot Pie W/ Biscuit (2M, 2G)</p> <p>-----</p> <p>Mixed Veggies 1/2c Carrots 3/4c Choice Of Fruit 1/2c</p>	<p>18 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>	<p>19 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>	<p>20 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>	<p>21 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>
<p>24 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>	<p>25 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p>	<p>26 <b>High School Exams</b></p> <p><b>Chef's Choice</b></p> <p>Last Day Of School</p>	<p>27 <b>Have A Safe Summer!</b></p>	<p>28 This institution is an equal opportunity employer &amp; provider</p>

***We serve the following Items Daily***

***Sub Bar! (2M2G)***  
***PBJ Sandwiches! (2M2G)***

***made fresh daily!!!!***

***Fresh or prepared fruits and vegetables daily.***

***(Must take 1/2 cup of Fruit or Veggies may take one cup)***

**Non-or Low Fat White or Non-Fat Chocolate Or Non-Fat Strawberry**

***Need total of three complete components.***  
***(5 components offered)***

***Must take fruit &/or vegetable.***

***-----Start with a:-----***

- 1• **Vegetable** (romaine lettuce 1c, other vegetables 1/2c)
- 2• **Fruit** (served by the piece = 1/2c & served by the 1/2c portion, unless otherwise noted)
- 3• **Choose whole grains** (all rice, breads and pastas are whole grains)
- 4• **Pick a lean protein** (meats, cheeses, yogurts & beans are proteins)
- 5• **Add serving of milk** (offer non and low fat milks daily. Chocolate, strawberry or white)