

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

May 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
This institution is an equal opportunity employer & provider	Proudly Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!	1 10" Burrito (2M, 2G) Refried Beans 1/2c Broccoli 3/4c Choice of Fruit 1/2c	2 Cheesburger on Roll (2M, 2G) ----- Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2	3 Roasted Chicken w/ Dinner Roll (2M, 2G) ----- Romaine Salad 1c Carrot Coins 1/2c Choice of Fruit 1/2c
6 Nacho Grande & Salsa 1/4C (2M, 2G & .25V) ----- Green Beans 1/2c Refried Beans 1/2 Choice of Fruit 1/2c	7 Chicken & Gravy Over Biscuit (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c	8 Quesadilla w/salsa (2M, 2G) ----- Garden Corn 1/2c Black Bean Salsa 1/2c Choice of Fruit 1/2c	9 Pizza (2M, 2G) ----- Romaine Salad 1c Carrots 1/2c Choice of Fruit 1/2c	10 Macaroni w/Meat Sauce (2M, 2G) ----- Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c
13 Assorted Pizza (2M, 2G) ----- Romaine Salad 1c Carrot Coins 1/2c Choice of Fruit 1/2c	14 Superintendent's Day No School	15 Grilled Cheese on Wheat Tomato Soup (2M, 2G) ----- Broccoli 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c	16 Nacho Grande & Salsa 1/4C (2M, 2G & .25V) ----- Green Beans 1/2c Refried Beans 1/2 Choice of Fruit 1/2c	17 Breakfast for Lunch! French Toast Sticks Egg Patty (2M, 2G) ----- Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c
20 Double Cheeseburger on Roll (2M, 2G) ----- Broccoli 1/2c Green Beans 1/2c Choice of Fruit 1/2	21 10" Burrito (2M, 2G) Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	22 Meatloaf w/Roll (2M, 2G) ----- Mixed Veggies 1/2c Baked French Fries 1/2c Choice of Fruit 1/2c	23 Celebrate NY State Home Grown Foods! Beef Hot Dog (Slade Farms) Home Made Pasta Salad (2M, 2G) ----- NY State Potato Chips 1/2c NY State Corn 1/2c NY State Grape Crush 1/2c	24 Memorial Day Observance No School
27 Memorial Day Observance No School	28 Chicken Nuggets (2M, 2G) ----- Mashed Potatoes 1/2c Carrots 1/2c Choice of Fruit 1/2c	29 Nacho Grande (2M, 2G) ----- Romaine Salad 1c Refried Beans 1/2 Choice of Fruit 1/2c	30 Macaroni w/Meat Sauce (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c	31 Grilled Cheese on Wheat Tomato Soup (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c

We serve the following Items Daily

Sub Bar! (2M2G)
Salad 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)