

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

February 2019

February is Black History Month!

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

Menu is subject to change.



Do you know the founder of Black History Month is Dr. Carter G. Woodson?

Other Famous Black Americans:

Crispus Attucks – 1st Person Killed at Boston Massacre

Hiram Rhodes Revels – U.S. Senator (1870)

Dr. Mae C. Jemison – Astronaut

Barack Obama – President of the U.S.A.

Monday	Tuesday	Wednesday	Thursday	Friday
			Now Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!	1 Super Bowl Friday Tailgate! Bar -B-Q Hamburger Macaroni Salad 1/4c (2M,2G) ----- Baked Beans 1/2c Oven Fries 1/2c Choice of Fruit 1/2c
4 Chinese New Year! Popcorn Chicken Asian Noodles 3/4c (2M,2G) ----- Oriental Veggies 1/2c Corn 1/2c Choice of Fruit 1/2c	5 Spaghetti and Meatballs Garlic Bread Stick (2M,2G) ----- Carrot Coins 3/4c Steamed Broccoli 1/2c Choice of Fruit 1/2c	6 Chicken Patty on Roll (2M,2G) ----- Oven Brown Potatoes 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c	7 Grilled Cheese Sandwich Tomato Soup (2M,2G) ----- Romaine Salad 1c Green Beans 1/2c Choice of Fruit 1/2c	8 Meatloaf Dinner Roll (2M,2G) ----- Mashed Potatoes 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c
11 Chicken Nuggets (2M,2G) ----- Oven Potatoes 1/2c Broccoli 1/2c Choice of Fruit 1/2c	12 Nacho Grande & Salsa Seasoned Rice 1/2c (2M,2G & .25V) ----- Garden Corn 1/2c Green Beans 1/2c Choice of Fruit 1/2c	13 Breakfast for Lunch! Pancakes Sausage Links (2M,2G) ----- Tator Tots 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c	14 Double Dog Day! (4M,3G) ----- Seasoned Pasta 1/4c (2M, 2G) ----- Baked Beans 1/2c Garden Corn 1/2c Choice of Fruit 1/2c	15 Chicken Patty on Roll (2M,2G) ----- Oven Brown Potatoes 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c
18	19	20	21	22
<div style="border: 2px solid red; padding: 10px; display: inline-block;"> <p>Mid-Winter Recess President Day February 18th</p> </div>				
25 10" Burrito (2M,2G) ----- Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	26 Double Burger on ww roll Italian Noodles 1/4c (2M,2G) ----- Oven Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2	27 Rotini Pasta & Meatballs Garlic Bread Stick (2M,2G) ----- Glazed Carrots 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c	28 Roasted Chicken Dinner Roll (2M,2G) ----- Steamed Cauliflower 1/2c Glazed Carrots 1/2c Choice of Fruit 1/2	<p>This institution is an equal opportunity employer & provider.</p>

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 ½ cup of Fruit or Veggies may take one cup)

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

(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)