

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

December 2018



Lunch Fact

My Plate recommends:

Choose vegetables rich in color!
Brighten your plate with vegetables that are **red, orange, or dark green.**

They not only taste great but also are good for you.

Reference: USDA. MyPlate.gov. Internet:
<http://www.myplate.gov/>.

Monday	Tuesday	Wednesday	Thursday	Friday
	Ugly Sweater Day! Wear an Ugly Sweater to Lunch and Receive a Free Treat! Wednesday 12/19/18			
3 Chicken Patty on ww Roll Italian Noodles (2M,2G) ----- Corn 1/2c Baked Beans 1/2c Choice of Fruit 1/2c	4 Spaghetti and Meatballs Breadstick (2M,2G) ----- Peas 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c	5 Buffalo Chicken Mac & Cheese (2M,2G) ----- Tomato Salad 1/2c Cauliflower 1/2c Choice of Fruit 1/2c	6 Early Release No lunch Service	7 Cheese & Pepperoni Pizza (2M,2G) ----- Tossed Salad 1 c Green Beans 1/2c Choice of Fruit 1/2c
10 Cheeseburger on WW Roll Pasta Salad (2M,2.5G) ----- Oven Potatoes 1/2c Carrot Sticks 1/2c Choice of Fruit 1/2c	11 TOTCHOS Tater Tots Topped W Nacho Meat and other Toppings (2M,2G) ----- Garden Corn 1/2c Bean Salad 1/2c Choice of Fruit 1/2c FREE TREAT Day!	12 Buffalo Style Chicken Sub (2M,2G) ----- Peas 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	13 Roast Turkey & Gravy W/ Stuffing & Dinner Roll (2M,2G) ----- Mashed Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2c	14 Grilled Cheese W/ Tomato Soup (2M,2G) ----- Steamed Broccoli 1/2c Winter Veggies 1/2c Choice of Fruit 1/2c
17 Roasted Chicken W/Dinner Roll (2M,2G) ----- Mixed Vegetables 1/2c BBQ Beans 1/2c Choice of Fruit 1/2c	18 10" Chicken Quesadilla (2M,2G) ----- Sweet Corn 1/2c Tomato Salad 1/2c Choice of Fruit 1/2c	19 UGLY SWEATER DAY! French Toast Sticks Sausage Links (2M,2G) ----- Hash Brown Pattie 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c FREE TREAT	20 Chicken Nuggets W/ Italian Noodles (2M,2G) ----- Broccoli 1/2c Cauliflower 1/2c Choice of Fruit 1/2c	21 Buffalo Chicken Pizza (2M,2G) ----- Oven Potatoes 1/2c Seasoned Green Beans 1/2c Choice of Fruit 1/2
24 	25	26 	27 	28

We serve the following Items Daily
Wrap and Sub Bar! (2M,2G)
Salad Bar! (2M,2G)
PBJ Sandwiches (2M,2G)
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 Milk
Low Fat Chocolate Or
Low Fat Strawberry**

**Winter Recess
December 24th – January 1st**

Strive for 5!

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

- 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)