

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

January 2019

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

Menu is subject to change.



Lunch Fact

MyPlate 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR 2019!</p>	<p>1 HAPPY NEW YEAR 2019!</p>	<p>2 Chicken Nuggets (2M, 2G) ----- Mixed Veggies 1/2c Steamed Broccoli 1/2c Choice of Fruit 1/2c</p>	<p>3 Cheese Burger on ww roll (2M, 2G) ----- Corn 1/2c Baked Beans 1/2c Choice of Fruit 1/2c</p>	<p>4 French Toast Sticks (3) Sausage Links (2) (2M, 2G) Greek Salad (2M, 2G) ----- Oven Potatoes 1/2c Glazed Carrot Coins 1/2c Choice of Fruit 1/2c</p>
<p>7 Nacho Grande (2M, 2G) ----- Refried Beans 1/2c Green Beans 1/2c Choice of Fruit 1/2c</p>	<p>8 Chicken Patty on WW Roll Egg Noodles (1/4c) (2M, 2G) ----- Garden Corn 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>9 Roast Turkey & Gravy Dinner Roll (2M, 2G) ----- Mashed Potatoes 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c</p>	<p>10 Buffalo Style Chicken Sub (2M, 2G) ----- Cauliflower 1/2c Broccoli 1/2c Choice of Fruit 1/2c</p>	<p>11 Pizza (2M, 2G) ----- Romaine 1c Carrot Coins 1/2c Choice of Fruit 1/2c</p>
<p>14 Double Hot Dog on ww roll (2M, 1.75G) ----- Oven Potatoes 1/2c Carrots 3/4c Choice of Fruit 1/2c</p>	<p>15 Meatloaf Dinner Roll (2M, 2G) ----- Tomato Salad 1/2c Mashed Potatoes 1/2c Choice of Fruit 1/2c</p>	<p>16 TOTCHOS Tater Tots Topped W/ Nacho Meat & Toppings (2M, 2G) ----- Corn 1/2c Bean Salad 1/2c Choice of Fruit 1/2c</p>	<p>17 Buffalo Chicken Mac & Cheese (2M, 2G) Taco Salad ----- Broccoli 1/2c Winter Veggies 1/2c Choice of Fruit 1/2c</p>	<p>18 Grilled Cheese on Wheat Tomato Soup (2M, 2G) ----- Garden Corn 1/2c Brown Rice 1/2c Choice of Fruit 1/2c</p>
<p>21 Martin Luther King Day No School</p>	<p>22 NY State Exam Chef's Choice</p>	<p>23 NY State Exam Chef's Choice</p>	<p>24 NY State Exam Chef's Choice</p>	<p>25 NY State Exam Chef's Choice</p>
<p>28 Early Release No Lunch</p>	<p>29 Turkey Pot Pie w/Gravy ww Biscuit (2M, 2G) ----- Green Beans 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c</p>	<p>30 Pizza (2M, 2G) ----- Romaine 1c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>31 Roasted Chicken W/Rice (2M, 2G) ----- Mixed Veggies 1/2c Cicci Pea Salad 1/2c Choice of Fruit 1/2c</p>	<p>This institution is an equal opportunity employer & provider.</p>

We serve the following Items Daily

Wrap and Sub Bar!

Salad Bar!

PBJ Sandwiches

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**

(5 components offered)

Must take Protein, Grain, Fruit &/or Vegetable.

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

1 • Vegetable

2 • Fruit

3 • Choose whole grains
(all rice, breads and pastas)

4 • Pick a lean protein
(meats, cheeses, yogurt & chick peas are proteins)

5 • Add serving of milk