

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

March 2019



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

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity employer & provider	National School Breakfast Week March 4 th - March 8 th Daily Specials Each Day!		Now Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!	1 Pizza (2M,2G) ----- Romaine Salad 1c Broccoli 1/2c Choice of Fruit 1/2c
4 Chicken Nuggets Egg Noodles (1/4c) (2M,2G) ----- Green Beans 1/2c Cici Pea Salad 1/2c Choice of Fruit 1/2c	5 Spaghetti w/ Meat Balls Dinner Roll (2M,2G) ----- Mixed Veggies 1/2c Broccoli 1/2c Choice of Fruit 1/2	6 Breakfast for Lunch! French Toast Sticks Egg Patty (2M,2G) ----- Tator Tots 1/2c Glazed Carrot Coins 1/2c Choice of Fruit 1/2c	7 Nacho Grande & Salsa 1/4C (2M,2G & .25V) ----- Romaine Salad 1c Mixed Veggies 1/2c Choice of Fruit 1/2c	8 Mac & Cheese w/ Dinner Roll (2M,2G) ----- Carrot Coins 3/4c Broccoli 1/2c Choice of Fruit 1/2c
11 Chicken Quesadilla 10" Wrap (2M,2G) ----- Refried Beans 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c	12 Bar-B-Q Burger Seasoned Rice (1/4c) (2M,2G) ----- Broccoli 1/2c Cici Pea Salad 1/2c Choice of Fruit 1/2c	13 Early Dismal Staff Development Day	14 Meatloaf W/Roll (2M,2G) ----- Glazed Carrots 3/4c Oven Potatoes 1/2c Choice of Fruit 1/2c	15 Grilled Cheese Tomato Soup (2M2G) ----- Broccoli 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c
18 Meat Balls In Sauce Bread Stick (2M,2G) ----- Mixed Veggie 1/2c Salad 1c Choice of Fruit 1/2	19 Double Dog Day! (4M,3G) ----- BBQ Baked Beans 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c	20 Italian Grilled Cheese Dipper (Mozzarella Cheese & Sauce) ----- Green Beans 1/2c Romaine Salad 1c Choice of Fruit 1/2c	21 Chicken Nuggets Egg Noodles (1/4c) (2M,2G) ----- Mixed Veggies 1/2c Broccoli 1/2c Choice of Fruit 1/2c	22 Pizza (2M,2G) ----- Romaine Salad 1c Carrot Coins 3/4c Choice of Fruit 1/2c
25 Chicken Patty Seasoned Rice (1/4c) (2M,1.5G) ----- Garden Corn 1/2c Cici Pea Salad 1/2c Choice of Fruit 1/2c	26 Nacho Grande & Salsa 1/4C (2M,2G & .25V) ----- Romaine Salad 1c Carrot Coins 3/4c Choice of Fruit 1/2c	27 Chicken and Gravy w/ Dinner Roll (2M 2G) ----- Mashed Potatoes 1/2c Garden Corn 1/2c Choice of Fruit 1/2c	28 Spaghetti w/ Meat Balls (2M,2G) ----- Mixed Veggies 1/2c Broccoli 1/2c Choice of Fruit 1/2	29 Breakfast for Lunch! French Toast Sticks Egg Patty (2M,2G) ----- Tator Tots 1/2c Glazed Carrot Coins 1/2c 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 ½ 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)