

**GLOBAL  
CONCEPTS  
CHARTER SCHOOLS**  
Lunch Menu K-8  
Student Price \$2.70

# December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Ugly Sweater Day!</b></p> <p>Wear an Ugly Sweater to Lunch and Receive a Free Treat!</p> <p><b>Wednesday 12/19/18</b></p>			
<p>3 Chicken Patty on ww Roll (2M,2G) Garden Corn 1/2c Baked Beans 1/2c Choice of Fruit 1/2c</p>	<p>4 Spaghetti and Meatballs (2M,2G) ..... Peas 1/2c Carrot Coins 1/2c Choice of Fruit 1/2c</p>	<p>5 Buffalo Chicken Mac &amp; Cheese ..... Garden Corn 1/2c Green Beans 1/2c Choice of Fruit 1/2c</p>	<p>6 Early Release No lunch Service</p>	<p>7 Cheese &amp; Pepperoni Pizza (2M,2G) ..... Toss Salad 1c Tomato Salad 1/2c Choice of Fruit 1/2c</p>
<p>10 Cheeseburger (2M,2.5G) ..... Oven potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2c</p>	<p>11 TOTCHOS Tater Tots W/ Nacho Toppings &amp; Rice (2M,2G) ..... Corn 1/2c Bean Salad 3/4c Choice of Fruit 1/2c <b>FREE TREAT Day!</b></p>	<p>12 Buffalo Chicken Style Sub (2M,2G) ..... (2M,2G) ..... Carrot Coins 1/2c Peas 1/2c Choice of Fruit 1/2c</p>	<p>13 Roast Turkey &amp; Gravy W/ Stuffing (2M,2G) ..... Mashed Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>14 Grilled Cheese W/ Tomato Soup (2M,2G) ..... Broccoli 1/2c Winter Veggies 1/2c Choice of Fruit 1/2c</p>
<p>17 Roasted Chicken W/ Dinner Roll (2M,2G) ..... Mixed Veggies 1/2c BBQ Beans 1/2c Choice of Fruit 1/2c</p>	<p>18 8" Quesadilla (2M,2G) ..... Garden Corn 1/2c Tomato Salad 1/2c Choice of Fruit 1/2c</p>	<p>19 <b>UGLY SWEATER DAY!</b> Chicken Nuggets (5) Italian Noodles 1/4c (2M,2G) ..... Mix Veggies 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c <b>FREE TREAT Day!</b></p>	<p>20 Chicken Nuggets (2M,2G) ..... Broccoli 1/2c Cauliflower 1/2c Choice of Fruit 1/2c</p>	<p>21 Buffalo Chicken Pizza (2M,2G) ..... Oven Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>

**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/>.

**We serve the following Items Daily**

**Salads 2m2gr**

**Assorted Sandwiches 2m2gr**

**PBJ Sandwiches 2m2gr**

**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 Low Fat Chocolate Or Low Fat Strawberry**

**Winter Recess  
December 24<sup>th</sup> – January 1<sup>st</sup>**

**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)