

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

# 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 – 1<sup>st</sup> 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
			<b>Now Participating in Farm To School Programs!</b> <b>This Month Featuring NY State Apples From LynOaken Farms!!</b>	1 <b>Super Bowl Friday Tailgate!</b> Bar -B-Q Hamburger (2M,2G) ----- Baked Beans 1/2c Oven Fries 1/2c Choice of Fruit 1/2c
4 <b>Chinese New Year!</b> 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 a 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 <b>Dog Days of Winter</b> Hot Dog on a roll (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 style="text-align: center;"><b>Mid-Winter Recess</b> <b>President Day February 18th</b></p> </div>				
25 10" Burrito (2M,2G) ----- Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c	26 Burger on a roll Italian Noodles 1/4c (2M,2G) ----- Oven Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2c	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 1/2c	<p>This institution is an equal opportunity employer &amp; provider.</p>

**We serve the following Items Daily**

**Premade Sandwiches (2M2G)**

**Premade Salads (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)