

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

April 2019

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



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Meat Balls In Sauce Bread Stick (2M, 2G) ----- Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>2 8" Burrito (2M, 2G) ----- Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>3 Chicken Pot Pie W/ Biscuit (2M, 2G) ----- Mixed Veggies 1/2c Carrots 3/4c Choice Of Fruit 1/2c</p>	<p>4 Cheeseburger on Roll (4M, 3G) ----- Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>5 Roasted Chicken w/ Dinner Roll (2M, 2G) ----- Romaine Salad 1c Broccoli 1/2c Choice of Fruit 1/2c</p>
<p>8 Nacho Grande & Salsa 1/4C (2M, 2G & .25V) ----- Green Beans 1/2c Refried Beans 1/2 Choice of Fruit 1/2c</p>	<p>9 Spaghetti w/Meat Sauce (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</p>	<p>10 Quesadilla w/salsa (2M2G) ----- Garden Corn 1/2c Cici Pea Salad 1/2c Choice of Fruit 1/2c</p>	<p>11 Staff Development No Lunch</p>	<p>12 Breakfast for Lunch! French Toast Sticks Egg Patty (2M, 2G) ----- Oven Potatoes /2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>
<p>15 Cheeseburger on Roll (4M, 3G) ----- Green Beans 1/2c Baked French Fries 1/2c Choice of Fruit 1/2c</p>	<p>16 Roasted Chicken w/ Dinner Roll (2M, 2G) ----- Glazed Carrots 1/2c Mashed Potatoes 1/2c Choice of Fruit 1/2c</p>	<p>17 Grilled Cheese on Wheat Tomato Soup (2M2G) ----- Broccoli 1/2c Tiny Peas 1/2c Choice of Fruit 1/2c</p>	<p>18 8" Burrito (2M, 2G) ----- Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>19 Spring Break No School</p>
<p>22 Spring Break No School</p>	<p>23 Spring Break No School</p>	<p>24 Spring Break No School</p>	<p>25 Spring Break No School</p>	<p>26 Spring Break No School</p>
<p>29 Chicken Strips w/Gravy Biscuit (2M, 2G) ----- Mashed Potatoes 1/2c Glazed Carrots 3/4c Choice of Fruit 1/2c</p>	<p>30 Meatloaf W/Roll (2M, 2G) ----- Mixed Veggies 1/2c Baked French Fries 1/2c Choice of Fruit 1/2c</p>			<p>This institution is an equal opportunity employer & provider</p>

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 $\frac{1}{2}$ 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)