

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

May 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>This institution is an equal opportunity employer & provider</p>	<p>Proudly Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!</p>	<p>1 8" Burrito (2M, 2G) Refried Beans 1/2c Broccoli 3/4c Choice of Fruit 1/2c</p>	<p>2 Cheeseburger on Roll (2M, 2G) ----- Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>3 Roasted Chicken w/ Dinner Roll (2M, 2G) ----- Romaine Salad 1c Carrot Coins 1/2c Choice of Fruit 1/2c</p>
<p>6 Nacho Grande & Salsa 1/4C (2M, 2G & .25V) ----- Green Beans 1/2c Refried Beans 1/2 Choice of Fruit 1/2c</p> 	<p>7 Chicken & Gravy Over Biscuit (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</p>	<p>8 Quesadilla w/salsa (2M, 2G) ----- Garden Corn 1/2c Black Bean Salsa 1/2c Choice of Fruit 1/2c</p>	<p>9 Pizza (2M, 2G) ----- Romaine Salad 1c NY State Carrots 1/2c NY State Apples 1/2c</p>	<p>10 Macaroni w/Meat Sauce (2M, 2G) ----- Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c</p>
<p>13 Assorted Pizza (2M, 2G) ----- Romaine Salad 1c Carrot Coins 1/2c Choice of Fruit 1/2c</p>	<p>14 Superintendent's Day No School</p>	<p>15 Grilled Cheese on Wheat Tomato Soup (2M, 2G) ----- Broccoli 1/2c Mixed Veggies 1/2c Choice of Fruit 1/2c</p>	<p>16 Nacho Grande & Salsa 1/4C (2M, 2G & .25V) ----- Green Beans 1/2c Refried Beans 1/2 Choice of Fruit 1/2c</p>	<p>17 Breakfast for Lunch! French Toast Sticks Egg Patty (2M, 2G) ----- Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>
<p>20 Cheeseburger on Roll (2M, 2G) ----- Broccoli 1/2c Green Beans 1/2c Choice of Fruit 1/2</p>	<p>21 10" Burrito (2M, 2G) Refried Beans 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p>	<p>22 Meatloaf w/Roll (2M, 2G) ----- Mixed Veggies 1/2c Baked French Fries 1/2c Choice of Fruit 1/2c</p>	<p>23 Celebrate NY State Home Grown Foods! Beef Hot Dog (Slade Farms) Home Made Pasta Salad (2M, 2G) ----- NY State Potato Chips 1/2c NY State Corn 1/2c NY State Grape Crush 1/2c</p>	<p>24 Memorial Day Observance No School</p>
<p>27 Memorial Day Observance No School</p>	<p>28 Chicken Nuggets (2M, 2G) ----- Mashed Potatoes 1/2c Carrots 1/2c Choice of Fruit 1/2c</p>	<p>29 Nacho Grande (2M, 2G) ----- Romaine Salad 1c Refried Beans 1/2 Choice of Fruit 1/2c</p>	<p>30 Macaroni w/Meat Sauce (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</p>	<p>31 Grilled Cheese on Wheat Tomato Soup (2M, 2G) ----- Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</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 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)