

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

June 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>Proudly Participating in Farm To School Programs! This Month Featuring NY State Apples From LynOaken Farms!!</p> | <p>“Find a Summer Food Service Program in your area by using the following link http://portal.nysed.gov/portal/page/pref/CNKC/SFSP_pp/2014%20SFSP%20Sites.htm </p> | | | |
| <p>3 Bar-B-Q Burger (2M, 1.5G)</p> <p>-----</p> <p>Garden Corn 1/2c Green Beans 1/2c Choice of Fruit 1/2</p> | <p>4 Chicken & Gravy Over Egg Noodles (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Carrots 3/4c Choice of Fruit 1/2c</p> | <p>5 No Lunch Staff Development Day</p> | <p>6 Cheeseburger on Roll (2M, 2G)</p> <p>-----</p> <p>Mixed Veggie 1/2c Green Beans 1/2c Choice of Fruit 1/2</p> | <p>7 Nacho Grande (2M, 2G)</p> <p>-----</p> <p>Garden Corn 1/2c Carrots 1/2 Choice of Fruit 1/2c</p> |
| <p>10 Chicken Nuggets (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c</p> | <p>11 No Lunch Staff Development Day</p> | <p>12 French Toast Sticks Egg Patty (2M, 2G)</p> <p>-----</p> <p>Oven Potatoes 1/2c Carrot Coins 3/4c Choice of Fruit 1/2c</p> | <p>13 Pizza (2M, 2G)</p> <p>-----</p> <p>Romaine Salad 1c Diced Tomatoes 1/2c Choice of Fruit 1/2c</p> | <p>14 Macaroni w/Meat Sauce (2M, 2G)</p> <p>-----</p> <p>Broccoli 1/2c Mixed Veggie 1/2c Choice of Fruit 1/2c</p> |
| <p>17 Baked Bar-B-Q-Chicken (2M, 2G)</p> <p>-----</p> <p>Mashed Potatoes 1/2c Green Beans 1/2c Choice of Fruit 1/2c</p> | <p>18 Grilled Cheese on Wheat Tomato Soup (2m, 2G)</p> <p>-----</p> <p>Oven Fries 1/2c Broccoli 1/2c Choice of Fruit 1/2c</p> | <p>19 Fajita on 8" Wrap (2M, 2G)</p> <p>-----</p> <p>Carrot Coins 3/4c Refried Beans 1/2c Choice of Fruit 1/2c</p> | <p>20 Chicken Patty on ww Roll (2M, 1.5G)</p> <p>-----</p> <p>Mixed Veggies 1/2c Cauliflower 1/2c Choice of Fruit 1/2c</p> | <p>21 Hot Dog on a roll (2M, 2G)</p> <p>-----</p> <p>Baked Beans 1/2c Garden Corn 1/2c Choice of Fruit 1/2c</p> |
| <p>24 Bar-B-Q Burger (2M, 1.5G)</p> <p>-----</p> <p>Romaine Salad 1c Carrots 1/2c Choice of Fruit 1/2c</p> | <p>25 Pizza (2M, 2G)</p> <p>-----</p> <p>Romaine Salad 1c Carrots 1/2c Choice of Fruit 1/2c</p> | <p>26 Chicken Nuggets (2M, 1.5G)</p> <p>-----</p> <p>Garden Corn 1/2c Green Beans 1/2c Choice Of Fruit 1/2c Last Day Of School</p> | <p>27 Have A Safe Summer!</p> | <p>28 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 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)