



Charter Oak-Ute Community School - Breakfast & Lunch Menu

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1% White Milk & Fat Free Flavored Milk offered for Breakfast and Lunch</p> <p>100% Fruit and Juice offered for Breakfast</p> <p>WG=Whole Grain</p>	<p>Breakfast: Student must take fruit or juice for breakfast or both.</p> <p>Lunch: Student must take vegetable or fruit or both.</p>		<p>Breakfast: Roll, Yogurt</p> <p>Lunch: Pizza, Romaine Salad, Corn, Pineapple</p>
4	5	6	7	8
<p>Breakfast: Burrito, Muffin</p> <p>Lunch: Chicken Noodle Soup, Cheese Stick, Cinnamon Roll, Carrots, Celery, Applesauce</p>	<p>Breakfast: French Toast Sticks, Little Smokies</p> <p>Lunch: Walking Taco, Romaine, Cheese, Salsa, Black Beans, Strawberry Shortcake</p>	<p>Breakfast: Scrambled Eggs, Toast</p> <p>Lunch: Ham, Turkey, Cheese Sub Sandwich, Macaroni Salad, Chips, Broccoli, Clementine</p>	<p>Breakfast: Breakfast Bar</p> <p>Lunch: Country Fried Steak, Potatoes, Gravy, Green Beans, WG Roll, Peaches</p>	<p>Breakfast: Bagel, Sausage</p> <p>Lunch: Tavern on WG Bun, Chips, Mixed Veggies, Pineapple</p>
11	12	13	14	15
<p>Breakfast: Cheese Omelet, Toast</p> <p>Lunch: Chicken Fajita Wrap, Lettuce, Cheese, Salsa, Cookie, Applesauce, Peppers, Onions</p>	<p>Breakfast: Biscuits and Gravy</p> <p>Lunch: McRib, Green Beans, Sweet Potato Wedges, Mandarin Oranges</p>	<p>Breakfast: Cereal, Yogurt</p> <p>Lunch: Corn Dog, Baked Beans, Curly Fries, Pears</p>	<p>Breakfast: Pancake, Sausage</p> <p>Lunch: Chicken Sandwich, Mixed Veggies, Peaches, Brownie</p>	<p>Breakfast: Roll, Yogurt</p> <p>Lunch: Crispito, Cheese Sauce, Corn, Mixed Fruit, Lettuce, Salsa</p>
18	19	20	21	22
<p>Breakfast: Breakfast Bar</p> <p>Lunch: Chicken Quasadilla, Romaine/Tomato Salad, Pineapple</p>	<p>Breakfast: Cereal, Yogurt</p> <p>Lunch: Hot Ham and Cheese on WG Bun, Green Beans, Hashbrown, Banana</p>	<p>Breakfast: Breakfast Pizza</p> <p>Lunch: Turkey, Potatoes, Gravy, Corn, WG Roll, Ice Cream</p>	<p>Breakfast: Biscuits and Gravy</p> <p>Lunch: Chicken Nuggets, Scalloped Potatoes, Corn, Peaches, WG Roll</p>	<p>Breakfast: Cheese Omelet, Toast</p> <p>Lunch: Hot Dog on WG Bun, Baked Beans, Chips, Peaches</p>
25	26	27	28	29
<p>No School Winter Break</p>	<p>No School Winter Break</p>	<p>No School Winter Break</p>	<p>No School Winter Break</p>	

Iowa Nondiscrimination Notice. "It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in it's program, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."