

# Charter Oak-Ute Community School - Breakfast & Lunch Menu

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1% White Milk &amp; Fat Free Flavored Milk offered for Breakfast and Lunch</b>  <b>100% Fruit and Juice offered for Breakfast</b>	<b>Breakfast:</b> Student must take fruit or juice for breakfast or both.  <b>Lunch:</b> Student must take vegetable or fruit or both.  <b>Menu subject to change.</b>		1
4	5	6	7	8
<b>Breakfast:</b> Breakfast Pizza (1 Slice), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken Sandwich (2 oz, Chicken on 1.75 oz Bun), Corn (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Breakfast Bar (2), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Walking Taco (2 oz Meat, on 1 oz Chips), Lettuce (1/2 c), Cheese, Fruit (1/2 c)	<b>Breakfast:</b> Roll (1), Yogurt (1), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Mac and Cheese (1 c) Smokies (2 oz), Green Beans (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> French Toast Sticks (4), Smokies (6), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Sub Sandwich (2 oz Meat, 1.75 oz Bun), Fresh Veggies (1/2 c), Dip, Fruit (1/2 c)	<b>Breakfast:</b> Biscuits (1) and Gravy (1/2 c), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Cheeseburger (2 oz Burger on 1.75 oz Bun), Beans (1/2 c), Fruit (1/2 c), Hashbrown (1 oz)
11	12	13	14	15
<b>Breakfast:</b> Cereal (1 oz), Yogurt (4 oz), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Hot Dog (2 oz/1.75 oz Bun), Beans (1/2 c), Fruit (1/2 c), Chips (1oz)	<b>Breakfast:</b> French Toast Sticks (4), Smokies (6), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Pizza (2 oz), Corn (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Breakfast Bar (2), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken (2 oz) Fajita Wrap (1 oz Shell), Lettuce (1/2 c) Cheese, Salsa, Fruit (1/2 c), Cookie (1 oz)	<b>Breakfast:</b> Bagel (2 oz), Sausage (1 oz), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Hot Ham and Cheese (2 oz on 1.75 Bun), Beans (1/2 c) Fruit (1/2 c)	<b>Breakfast:</b> Roll (1), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Crispito (2), Lettuce (1/2 c), Corn (1/2 c), Fruit (1/2 c)
18	19	20	21	22
<b>Breakfast:</b> Breakfast Pizza (1 Slice), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Sub Sandwich (2 oz Meat, 1.75 oz Bun), Fresh Veggies (1/2 c), Dip, Fruit (1/2 c)	<b>Breakfast:</b> Roll (1), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Crispito (2), Lettuce (1/2 c), Corn (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Pancake Sausage on a Stick (1), Hashbrown (1 oz) Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken Sandwich (2 oz, Chicken on 1.75 oz Bun), Green Beans(1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Breakfast Pizza (1 Slice), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Walking Taco (2 oz Meat, on 1 oz Chips), Lettuce (1/2 c), Cheese, Fruit (1/2 c)	<b>Breakfast:</b> French Toast Sticks (4), Smokies (6), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken Nuggets (5), Tator (1/2 c), Fruit (1/2 c)
25	26	27	28	29
<b>Breakfast:</b> Biscuits (1) and Gravy (1/2 c), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Cheeseburger (2 oz on 1.75 oz Bun), Hashbrown (1 oz) Beans (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Pancake Sausage on a Stick (1), Hashbrown (1 oz) Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken Nuggets (5), Tator (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Cereal (1 oz), Yogurt (4 oz), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Hot Dog (2 oz/1.75 oz Bun), Beans (1/2 c), Fruit (1/2 c), Chips (1oz)	<b>Breakfast:</b> French Toast Sticks (4), Smokies (6), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Pizza (2 oz), Corn (1/2 c), Fruit (1/2 c)	<b>Breakfast:</b> Breakfast Pizza (1 Slice), Fruit (1/2 c), Juice (1/2 c)  <b>Lunch:</b> Chicken Sandwich (2 oz, Chicken on 1.75 oz Bun), Corn (1/2 c), Fruit (1/2 c)

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