

FACT CHARTER LUNCH MENU

Monday		Tuesday		Wednesday		Thursday	
Pancake	1ea	Taco	2sl	Rice	3oz	Baked Chicken leg	1ea
Sausages	2ea	Beef taco	2oz	Chicken Teriyaki	2oz	Biscuit	1ea
Hash brown	1/2c	Shredded cheese	1oz	Snow peas	3/4c	Collard greens	4oz
Fresh Fruits: orange	1ea	Fresh Fruits: apple	1ea	Fresh fruits: grapes	1ea	Fresh Fruits: melon	1ea
Milk	8oz	Lettuce, tomato	3/4c	Milk	8oz	Milk	8oz
Scrambled egg	2oz	Milk	8oz	Tofu teriyaki	2oz	Scrambled eggs	2oz
Monday		Tuesday		Wednesday		Thursday	
Baked Chicken leg	1ea	Spaghetti	3oz	Taco	2sl	Fish Sticks	6ea
Biscuit	1ea	Beef meatballs	4ea	Beef taco	2oz	Bread rolls	1ea
Collard greens	4oz	Fresh Fruits: apple	1ea	Shredded cheese	1oz	Fresh fruits: melon	1ea
Fresh Fruits: orange	1ea	Broccoli	3/4c	Fresh Fruits: grapes	1ea	Sweet potato wedges	4oz
Milk	8oz	Milk	8oz	Lettuce, tomato	3/4c	Milk	8oz
Scrambled eggs	2oz	Veggie balls	4ea	Milk	8oz	Veggie Nuggets	6ea
Monday		Tuesday		Wednesday		Thursday	
Sloppy Joe bun	1ea	Baked Chicken leg	1ea	Macarroni	3oz	Rice	4oz
Beef with sauce	3oz	Biscuit	1ea	Cheese	2oz	Chicken Curry	2oz
Celery	4oz	Collard greens	4oz	Broccoli	4oz	Broccoli	4oz
Fresh Fruits:orange	1ea	Fresh Fruits: apple	1ea	Fresh fruits: grapes	1ea	Fresh fruits; melon	1ea
Milk	8oz	Milk	8oz	Milk	8oz	Milk	8oz
Tofu Joe	3oz	Scrambled eggs	2oz	Mixed beans	2oz	Egg	1ea
Monday		Tuesday		Wednesday		Thursday	
Salisbury steak	1ea	Wheat bread	2sl	Baked Chicken leg	1ea	Philly chesse steak	3oz
Mashed potato	3oz	Turkey slices	3sl	Biscuit	1ea	American Cheese	1sl
Steam carrots	2oz	Cheese	1sl	Collard greens	4oz	wheat rolls	1ea

Fresh Fruits: orange	1ea	Fresh Fruits: apple	1ea	Fresh Fruits: grapes	1ea	creamed spinach	3/4 c
		Lettuce & Tomato	1/2C			Fresh Fruits: melon	1ea
Milk	8oz	Milk	8oz	Milk	8oz	milk	1/2p
Mixed beans	2oz	Peanut Butter	2oz	Scrambled eggs	2oz	Cheese	3sl

Friday	
Grilled Cheese	2sl
Vegetable soup	2oz
Fresh Fruits: melon	1ea
Carrots, Corn, Celery	3/4C
Milk	8oz
Peanut Butter	2oz
Friday	
Cheese pizza	1ea
Garden salad	1/2C
Corn and black beans	2oz
Fresh Fruits: pear	1ea
Milk	8oz
Boiled egg	1ea
Friday	
Pancake	1ea
Sausages	2ea
Hash brown	1/2c
Fresh Fruits:pear	1ea
Milk	8oz
Scrambled egg	2oz
Friday	
Sausage Pizza	1ea
Garden Salad	1/2c
Tomato wedges	2oz
Fresh Fruits: pear	1ea
Milk	8oz
Veggie pizza	1ea
Friday	
Fish fillet	1ea
wheat bun	1ea
american cheese	1sl

Sweet potato wedges	4oz
Fresh Fruits: pear	1ea
Milk	8oz
Veggie nuggets	6ea