

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) -Vegetable Wrap w/Cheese -Black Bean Salad -Sweet Potato Fries -Chilled Peaches -1% or Skim Milk	(2) -Cheeseburger on WW Bun -French Fries -Chilled Pears -1% or Skim Milk	(3) -Baked Cheese Ziti -Green Beans -Chilled Peaches -1% or Skim Milk	(4) -Turkey Hot Dog on WW Bun -Vegetarian Beans -Fresh Whole Baby Carrots -Chilled Pineapples -1% or Skim Milk	(5) -Pizza Bagel (2 halves) -Romaine Salad w/Tomatoes -Chilled Applesauce -1% or Skim Milk
(8) -Macaroni and Cheese -Tomato Salad (w/Italian dressing) -Celery Sticks -Fresh Apple -1% or Skim Milk	(9) -French Toast (2) -Turkey Sausage Links (2) -Fresh Baby Carrots -Chilled Pears -1% or Skim Milk	(10) -Spaghetti w/ Meatsauce -Romaine Salad w/Tomatoes and Cucumbers -Chilled Peaches -1% or Skim Milk	(11) -Bean Burrito w/Cheese -Spanish Rice -Steamed Broccoli -Chilled Pineapples -1% or Skim Milk	(12) -BBQ Chicken & Dinner Roll -Mashed Potatoes -Roasted Cabbage -Watermelon Slice -1% or Skim Milk
(15) -Cheese Lasagna -Romaine Salad w/Tomatoes -Steamed Carrots -Fresh Apple -1% or Skim Milk	(16) -Meatloaf w/Gravy -Brown Rice -Sauteed Spinach -Chilled Pears -1% or Skim Milk	(17) -Cheese Quesadillas -Salsa -Black Beans -Chilled Peaches -1% or Skim Milk	(18) -Broccoli, Cheese and Rice Casserole -Green Peas -Chilled Pineapples -1% or Skim Milk	(19) -Grilled Turkey and Cheese Sandwich -Celery Sticks -Applesauce -1% or Skim Milk
(22) -Baked Ziti -Fresh Baby Carrots -Romaine Salad w/Cucumbers and Tomatoes -Fresh Apple -1% or Skim Milk	(23) -Chicken Tomato Bake -Steamed Cauliflower -WW Dinner Roll -Chilled Pears -1% or Skim Milk	(24) -Vegetable Wrap w/Cheese -Black Bean Salad -Sweet Potato Fries -Chilled Peaches -1% or Skim Milk	(25) -Ground Beef and Macaroni w/ Mexican Seasoning -Corn on the Cob -Chilled Pineapples -1% or Skim Milk	(26) -Pizza Bagel (2 halves) -Romaine Salad w/ Tomatoes -Cucumber Coins -Chilled Applesauce -1% or Skim Milk
(29) -Macaroni and Cheese -Broccoli -Celery Sticks -Watermelon Slice -1% or Skim Milk	(30) -Cheeseburger on WW Bun -French Fries -Chilled Pears -1% or Skim Milk	(31) -French Toast (2) -Scrambled Eggs -Fresh Baby Carrots -Chilled Pears -1% or Skim Milk	(1) -Turkey Hot Dog on WW Bun -Vegetarian Beans -Cucumber Coins -Chilled Pineapples -1% or Skim Milk	(2) -Tuna Salad Cup -Romaine Salad w/Tomatoes -Chilled Applesauce -1% or Skim Milk

GREATER BRUNSWICK CHARTER SCHOOL October 2018 LUNCH MENU

ALSO PROVIDED DAILY: 3 GARDEN SALADS WITH CHEESE LUNCH ALTERNATES, SKIM MILK, LACTAID MILK, 2 CHEESE SANDWICHES

Allthingskidz Catering

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*Fruits subject to change based upon seasonal availability