




September 2019



Healthy Eating:
Fruits and Vegetables

MOT CHARTER SCHOOL LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 2 | 3 | 4 | 5 | 6 |
| SCHOOL CLOSED LABOR DAY | French Toast Sticks, Rosemary Potatoes, Carrot Sticks Fruit & Milk Sandwich: Tuna Salad: Chef | Chicken Cheesesteak Pepper & Onions, French Fries Fruit & Milk Sandwich: Tuna Salad: Chef | Chicken Parm. Sandwich Broccoli, Garbonzo Bean Salad Fruit & Milk Sandwich: Tuna Salad: Chef | French Bread Pizza Tossed Salad, Glazed Carrots Fruit & Milk Sandwich: Tuna Salad: Chef |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Tenders Carrot Sticks, Peas Fruit & Milk Sandwich: Egg Salad Salad: Yogurt Parfait | Sloppy Joes Green Beans, Corn Fruit & Milk Sandwich: Egg Salad Salad: Yogurt Parfait | Turkey Sub w/ L&T, Sweet Potato Fries, Cucumber Slices Fruit & Milk Sandwich: Egg Salad Salad: Yogurt Parfait | Chicken Sliders Baked Beans, Broccoli Fruit & Milk Sandwich: Egg Salad Salad: Yogurt Parfait | Stuffed Crust Pizza Tossed Salad, Normandy Blend Fruit & Milk Sandwich: Egg Salad Salad: Yogurt Parfait |
| 16 | 17 | 18 | 19 | 20 |
| Meatball Sub Green Beans, Cauliflower Fruit & Milk Sandwich: Turkey & Cheese Salad: Harvest | French Toast Sticks, Rosemary Potatoes, Carrot Sticks Fruit & Milk Sandwich: Turkey & Cheese Salad: Harvest | Chicken Cheesesteak Pepper & Onions, French Fries Fruit & Milk Sandwich: Turkey & Cheese Salad: Harvest | Chicken Parm. Sandwich Broccoli, Garbonzo Bean Salad Fruit & Milk Sandwich: Turkey & Cheese Salad: Harvest | French Bread Pizza Tossed Salad, Glazed Carrots Fruit & Milk Sandwich: Turkey & Cheese Salad: Harvest |
| 23 | 24 | 25 | 26 | 27 |
| Chicken Tenders Carrot Sticks, Peas Fruit & Milk Sandwich: Ham & Cheese Salad: Garden | Sloppy Joes Green Beans, Corn Fruit & Milk Sandwich: Ham & Cheese Salad: Garden | Turkey Sub w/ L&T, Sweet Potato Fries, Cucumber Slices Fruit & Milk*** Sandwich: Ham & Cheese Salad: Garden  | Chicken Sliders Baked Beans, Broccoli Fruit & Milk Sandwich: Ham & Cheese Salad: Garden | Stuffed Crust Pizza Tossed Salad, Normandy Blend Fruit & Milk Sandwich: Ham & Cheese Salad: Garden |
| 30 | | | | |
| Meatball Sub Green Beans, Cauliflower Fruit & Milk Sandwich: Tuna Salad: Chef | | | | |

Daily Entrée Alternatives:

Peanut Butter & Jelly Sandwich

Toasted Cheese Sandwich

Menu Subject to Change

Lunch (K-5) = \$2.50

Lunch (6-12) = \$2.70

Extra Pizza Slice:

Cash Only = \$1.50

Teacher's Lunch = \$3.65

1% White

Nonfat Chocolate

Nonfat Strawberry

Individual Purchase Price = \$0.40

This institution is an equal opportunity provider.

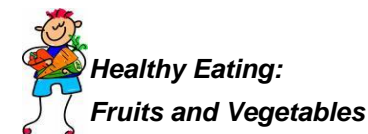


**LOCAL PRODUCE
SERVED HERE**

*** Ice Cream Wed. @ K-8



September 2019



MOT CHARTER SCHOOL BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| | Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry |
| 9 | 10 | 11 | 12 | 13 |
| Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry |
| 16 | 17 | 18 | 19 | 20 |
| Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry |
| 23 | 24 | 25 | 26 | 27 |
| Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain PopTart Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | WG Strawberry or Cinnamon Mini Bagels w/ Cream Cheese Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Whole Grain Cereal Bar Cheese Stick Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | Yogurt Whole Grain Muffin Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry |
| 30 | | | | |
| Whole Grain Cereal Graham Crackers Fresh Fruit Choice of 1% White Milk, Nonfat Choc., NF Strawberry | | | | |

Menu Subject to Change

Breakfast = \$1.75
Teachers Breakfast = \$2.50

1% White
Nonfat Chocolate
Nonfat Strawberry



LOCAL PRODUCE
SERVED HERE

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