

Great Bay eLearning Charter School Lunch Menu August/September 2018

Jeanne Pierce: Food Service Director
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices: Skim, 1% or Chocolate \$.50	28 Chicken Tenders Dinner Roll Spicy Fries Fresh Fruit Milk	29 Soft Taco Served w/ Refried Beans Rice Mexican Corn Fresh Melon Milk	30 Grilled Hot Dog On a Bun Baked Beans Fruit Milk	31 Meatball Sub Garden Salad Fruit Milk	If you receive FREE or REDUCED Lunch you also receive Breakfast for the FREE or REDUCED Price.
Salad's To GO: \$3.50 Chicken Caesar Salad or Garden Salad Main Meal \$3.25	Apply for Free/Reduced meals online at: www.myschoolapps.com	5 Chicken Parmesan W/ Pasta Dinner Roll Garden Salad Fresh Fruit Milk	6 Shaved Steak & Cheese Sub Baked Fries Fruit Milk	7 General Tso's Chicken Vegetable Egg Roll Fried Rice Stir Fried Vegetables Pineapple Tidbits Milk	8 BBQ Pull Pork On a Bun Long Grain Wild Rice Steamed Carrots Fruit Milk
Uncrustable Peanut butter & Jelly Sandwich Vegetable, Fruit & Milk \$3.25	11 Chicken & Broccoli Alfredo or Meat Sauce over Pasta Garlic Stick Garden Salad Sliced Peaches Milk	12 Hamburger or Cheeseburger On a Bun Baked Beans Fruit Milk	13 Homemade Meatloaf Mashed Potatoes Gravy Dinner Roll Assorted Fruit Cookie & Milk	14 Regular or Spicy Chicken Patty on a Bun Carrot Sticks Fruit Milk	15 Fishwich on Bun Tartar Sauce Oven Baked Fries Fruit Milk
Deli Sandwiches \$3.75 Choice of; Tuna, Chicken Salad, Ham w/ American Cheese Wrap w/ Lettuce, Tomatoes	18 Cheese Bites Served w/ Pasta & Marinara Sauce, Garden Salad Fresh Fruit Milk	19 Baked Corn Dog Oven Fries Cole Slaw Mixed Fruit Cookie Milk	20 General Tso's Chicken Fried Rice Egg Roll Steamed Broccoli Fruit Milk	21 Homemade Meat Lasagna Garlic Bread Stick Brussel Sprout Salad Fruit Milk	22 Sloppy Joe on Bun Steamed Carrots Oven Roasted Edamame Mixed Fruit Milk
Pizza offered T & Thursday \$3.25 Value Price two slices \$5.00	25 Shepherd's Pie Mashed Potatoes, Gravy Steamed Carrots Dinner Roll Fruit Cookie Milk	26 Chicken Patty on Bun Onion Rings Mixed Fruit Milk	27 Hamburger or Cheeseburger on Bun Oven Baked Sweet Potato Fries Fruit Milk	28 Cheese Calzone Celery Sticks w/ Hummus Fruit Choice Milk	29 Chicken & Gravy Served over Mashed Potatoes Steamed Corn Sliced Pears Cookie Milk

*This institution is an equal opportunity provider.
This menu meets the nutritional guidelines for the National School Lunch Program as established by the USDA.*