



## January 2010 Mark West Charter School Lunch Menu

Lunch Cost \$3.75(includes salad bar, fruit and milk) Milk only \$.30

**Milk** included with every Lunch

Fresh Baked **Whole Wheat Bread Rolls** are available at Lunch

Monday	1/4	El Rollo Taco w Refried Beans/ Fresh Fruit and Veggie / Tortilla Chips
Tuesday	1/5	Grilled ChickenBurger on a Whole Wheat Bun / Fruit and Veggie / Sun Chips
Wednesday	1/6	Chicken Teriyaki Bowl w Organic Brown Rice and Veggies / Fresh Fruit / Fortune Cookie
Thursday	1/7	Deluxe Pizza / Fruit and Veggie / Extreme Trail Mix
Friday	1/8	Pasta w Marinara Sauce / Fresh Fruit and Veggie / Popcorn
Monday	1/11	Chicken Nuggets w Potatoes / Fresh Fruit / Jungle Crackers
Tuesday	1/12	Hot Dog on a Whole Wheat Bun w Ranch Beans / Fresh Fruit / Sun Chips
Wednesday	1/13	Country Style Chicken Pot Pie / Fruit and Veggie / Scooby Doo Snacks
Thursday	1/14	Deluxe Pizza / Fresh Fruit and Veggie / Extreme Trail Mix
Friday	1/15	Chicken Fajita Wrap / Fresh Fruit / Rice Krispie Treat
Monday	1/18	<b>Martin Luther King's Day</b>
Tuesday	1/19	Mega Burger on WW Bun / Fresh Fruit and Veggie / Bug Bites
Wednesday	1/20	Orange Chicken Bowl w organic Brown Rice and Veggies / Fresh Fruit / Fortune Cookie
Thursday	1/21	Deluxe Pizza / Fruit and Veggie / Extreme Trail Mix
Friday	1/22	Enchirito w Refried Beans / Fresh Fruit and Veggie / Cheese-it Scrabble
Monday	1/25	Corn Dog / Fresh Fruit and Veggie / Teddy Grahams
Tuesday	1/26	Taco Pocket / Fruit and Veggie/ Chortles
Wednesday	1/27	Mini Cheese Burger Sliders w Fixins / Fresh Fruit and Veggie / Sun Chips
Thursday	1/28	Deluxe Pizza / Extreme Trail Mix / Fresh Fruit and Veggie
Friday	1/29	<i>Brunch for Lunch</i> Breakfast Burrito / Yogurt / Fresh Fruit

**Happy Holiday !**



MENU SUBJECT TO CHANGE WITHOUT NOTICE

THE USDA PROHIBITS DISCRIMINATION IN ALL ITS PROGRAMS AND ACTIVITIES ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN GENDER, RELIGION, AGE, DISABILITY, POLITICAL BELIEFS, SEXUAL ORIENTATION, OR MARITAL OR FAMILY STATUS ( NOT ALL PROHIBITED BASES APPLY TO ALL PROGRAMS).