

The Charlton School
Lunch Menu: August 2019

Jul 25, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			Aug - 1 Choice of Milk Fresh Fruit Grilled Steak Gyro Cooked Carrots with Dill Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 2 Choice of Milk Fresh Fruit BBQ Chicken Sandwich Green Bean Salad PB&J Sandwich, Chse Stix
Aug - 5 Choice of Milk Fruit Cup Sandwich Melt Grilled Veggies Pickle Spear PB&J Sandwich, Chse Stix	Aug - 6 Choice of Milk Fruit Cup Goulash Asparagus Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 7 Choice of Milk Fruit Cup Hawaiian Chicken Skewers Pasta Veggie Salad Grilled Veggies PB&J Sandwich, Chse Stix	Aug - 8 Choice of Milk Fruit Cup Choice of Pizza Peas & Carrots Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 9 Choice of Milk Applesauce Deli Sandwich (WW) Swiss Chard Salad w/Dressing Packet PB&J Sandwich, Chse Stix
Aug - 12 Choice of Milk Fruit Cup Chicken Avocado Wrap Three Bean Salad Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 13 Choice of Milk Fruit Cup Choice of Pizza Yellow Squash Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 14 Choice of Milk Fruit Cup Beef Sliders Quinoa Salad Grilled Veggies PB&J Sandwich, Chse Stix	Aug - 15 Choice of Milk Fruit Cup Chicken Parm. Sandwich Roasted Veggies Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 16 Choice of Milk Fruit Cup Grilled Cheese Tomato Soup & Crackers Spinach Squares PB&J Sandwich, Chse Stix
Aug - 19 Choice of Milk Fruit Cup Calzone Zucchini Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 20 Choice of Milk Fruit Cup Chili Cornbread Green Beans Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 21 Choice of Milk Fruit Cup Chicken Sliders Grilled Veggies Potato Salad PB&J Sandwich, Chse Stix	Aug - 22 Choice of Milk Fruit Cup Choice of Pizza Salad w/Dressing Packet Chickpea Salad PB&J Sandwich, Chse Stix	Aug - 23 Choice of Milk Applesauce Mac & Cheese Cooked Carrots with Dill Salad w/Dressing Packet PB&J Sandwich, Chse Stix
Aug - 26 Choice of Milk Fresh Fruit Buffalo Chicken Wrap or Veggie Wraps Celery & Homemade Hummus Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 27 Choice of Milk Fruit Cup Choice of Pizza Cauliflower & Broccoli Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 28 Choice of Milk Fruit Cup Pork Tenderloin Cole Slaw Potato Salad PB&J Sandwich, Chse Stix	Aug - 29 Choice of Milk Fresh Fruit Tacos Red Beans and Rice Salad w/Dressing Packet PB&J Sandwich, Chse Stix	Aug - 30 Choice of Milk Fruit Cup Chicken Panini Zucchini Salad w/Dressing Packet PB&J Sandwich, Chse Stix