

Red Bank Charter School - Lunch

February 3 - February 28

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
All Beef Hamburger on a Whole Wheat Bun-1 Tater Tots-3/4c Fresh Apple-1 Milk-8 oz.	Chicken Tacos with Cheese & Lettuce-2oz Red Kidney Beans-3/4 c. W/G 6" Flour Tortilla-2 Pudding-1/2c Milk-8 oz.	Hot Turkey with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	Cheese Quesadilla-3oz Corn-3/4c Whole Wheat Dinner Roll Clementine Milk-8oz	PIZZA DAY Pizza Bagel-5oz Celery Sticks W/Dip-3/4c Raspberry/Lemonade Craisins-1/2 c. Milk-8 oz.
10	11	12	13	14
Chicken & Waffle-4oz Corn-3/4c Whole Wheat Dinner roll ApplesauceCup-1/2c Milk-8oz	Beef Tacos with Cheese & Lettuce-2oz Rice-3/4c W/G Flour Toritta-2 Cherry Craisins-1/2 c. Milk-8 oz.	Macaroni & Cheese-1c Carrots W/Dip-3/4c Whole Wheat Dinner Roll Fresh Pear-1 Milk-8oz	Toasted Cheese on Whole Grain Bread-1 Celery Sticks w/ Dip-3/4 c. Orange-1 Milk-8oz	NO SCHOOL
17	18	19	20	21
NO SCHOOL	Chicken Tacos with Cheese & Lettuce-2oz Corn-3/4c W/G 6" Flour Tortilla-2 Granola Bar Milk-8 oz.	Breakfast French Toast-3 Turkey Sausage-3 Carrots Stick W/Dip-3/4c Fresh Apple-1 Milk-8oz	All Beef Hot Dog on a on a Whole Wheat Bun-1 Broccoli & Cheese-3/4c Fresh Banana-1 Milk-8 oz.	PIZZA DAY 3x5 Whole Grain Cheese Pizza-2 Tomato Cup W/Dressing-3/4c Fresh Pear-1 Milk-8 oz.
24	25	26	27	28
Popcorn Chicken-3.8 oz. Celery Sticks W/Dip-3/4c Fresh Pear-1 Whole Wheat Dinner Roll Milk-8 oz.	Beef Nachos w/Cheddar Cheese Sauce-7 oz. W/G Tostito Scoops-1 oz. Salad Cup W/Dressing 1 1/2c Clementine-1 Milk-8oz	Salisbury Steak with Gravy-3oz Mashed Potatoes-3/4c Granola Bar-1 Milk-8oz	Beef Empanado-5oz Corn-3/4c Fresh Beans W/Dip-3/4c Jello Cup-1 Milk-8oz	French Bread Pizza-5oz Sliced Cucumbers W/Dip-3/4c Cherry Craisins-1/2 c. Milk-8 oz.