

U of H Charter School In-School Menu: October 2020

As Prepared by The Healthy Lunch Box

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																												
<p>Sep 2020</p> <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		M	T	W	T	F	S	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p>Nov 2020</p> <table border="1"> <thead> <tr> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							<p>1</p> <p>B: Cinnamon Toast Crunch Bar, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Beef Soft Taco, Pinto Beans, Diced Peaches, 1% or FF Milk</p>	<p>2</p> <p>B: Cheerios Cereal, Mixed Fruit cup, 1% or FF Milk</p> <p>L: Grilled Cheese Sandwich (Mozz & Cheddar), Romaine Lettuce & Tomato w/Ranch Dressing, Whole Banana, 1% or FF Milk</p>
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<p>5</p> <p>B: Graham Crackers & String Cheese, Fresh Apple, 1% or FF Milk</p> <p>L: Sloppy Joe with Bun, French Fries, Watermelon flavored Applesauce, 1% or FF Milk</p>	<p>6</p> <p>B: Strawberry Yogurt with Granola Pkt, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Chicken Tenders + Ketchup, Mashed Potatoes, Italian Green Beans, Craisins, 1% or FF Milk</p>	<p>7</p> <p>B: Cocoa Cherry Bar, Wild Blueberries, 1% or FF White Milk</p> <p>L: Tangy Chicken Drumsticks, Vegetarian Beans, California Veggies, Bread Slice, Fresh Apple Slices, 1% or FF Milk.</p>	<p>8</p> <p>B: Cinnamon Toast Crunch Bar, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Salisbury Steak in Brown Gravy, Blended Rice, Collard Greens, Diced Carrots, Diced Peaches,</p>	<p>9</p> <p>B: Cheerios Cereal, Mixed Fruit cup, 1% or FF Milk</p> <p>L: Cheese Pizza, Baby Carrots & Fresh Cucumber Slices, Whole Banana, 1% or FF Milk</p>																																																																																												
<p>12</p> <p>NO SCHOOL</p>	<p>13</p> <p>B: Strawberry Yogurt with Granola Pkt, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Chicken Nuggets plus Ketchup, Diced Potatoes, Carrot Slices, Craisins, 1% or FF Milk</p>	<p>14</p> <p>B: Cocoa Cherry Bar, Wild Blueberries, 1% or FF White Milk</p> <p>L: Spaghetti & Meatballs, Sautéed Zucchini, Apple Slices, 1% or FF Milk</p>	<p>15</p> <p>B: Cinnamon Toast Crunch Bar, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Oven Fried Chicken Drumsticks, Baked Beans (meatless), Green Peas, Diced Peaches, Bread slice, 1% or FF Milk</p>	<p>16</p> <p>B: Cheerios Cereal, Mixed Fruit cup, 1% or FF Milk</p> <p>L: Cheeseburger w/1 must pkt & 1 ketchup pkt, Romaine Lettuce & Tomato with Ranch Dressing, Whole Banana, 1% or FF Milk</p>																																																																																												
<p>19</p> <p>B: Graham Crackers & String Cheese, Fresh Apple, 1% or FF Milk</p> <p>L: Chicken Rings, Corn Niblets, Italian Green Beans, Watermelon flavored Applesauce, 1% or FF Milk</p>	<p>20</p> <p>B: Strawberry Yogurt with Granola Pkt, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Chicken Soft Taco, Diced Tomatoes, Mexican Rice, Pinto Beans, Craisins, 1% or FF Milk</p>	<p>21</p> <p>B: Cocoa Cherry Bar, Wild Blueberries, 1% or FF White Milk</p> <p>L: Meatloaf w/Tangy Sauce, Mashed Potatoes, Sweet Green Peas, Apple Slices, Bread slice, 1% or FF Milk</p>	<p>22</p> <p>B: Cinnamon Toast Crunch Bar, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Diced Grilled Chicken, Macaroni & Cheese, Broccoli Florets, Diced Peaches, 1% or FF Milk</p>	<p>23</p> <p>B: Cheerios Cereal, Mixed Fruit cup, 1% or FF Milk</p> <p>L: All Beef Hot Dogs w/Bun, Ketchup/Mustard, Fritos, Baby Carrots & Fresh Cucumber Slices w/Ranch Dressing, Whole Banana, 1% or FF Milk</p>																																																																																												
<p>26</p> <p>B: Graham Crackers & String Cheese, Fresh Apple, 1% or FF Milk</p> <p>L: Chicken Patty on Bun, Pickles, Green Beans, Watermelon flavored Applesauce, 1% or FF Milk</p>	<p>27</p> <p>B: Strawberry Yogurt with Granola Pkt, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Steak Fingers with Gravy, Diced Potatoes, Diced Carrots, Craisins, 1% or FF Milk</p>	<p>28</p> <p>B: Cocoa Cherry Bar, Wild Blueberries, 1% or FF White Milk</p> <p>Cheesy Rigatoni Pasta, Corn Niblets, Apple Slices, 1% or FF Milk</p>	<p>29</p> <p>B: Cinnamon Toast Crunch Bar, Whole Banana, Apple Juice, 1% or FF Milk</p> <p>L: Beef Soft Taco, Pinto Beans, Diced Peaches, 1% or FF Milk</p>	<p>30</p> <p>B: Cheerios Cereal, Mixed Fruit cup, 1% or FF Milk</p> <p>L: Chicken Corn Dog with Ketchup, Romaine Lettuce & Tomato with Ranch Dressing, Whole Banana, 1% or FF Milk</p>																																																																																												

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