



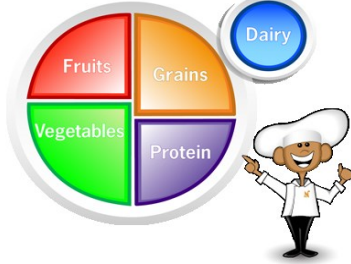









# NOVEMBER 2016

## Community Charter School of Paterson




All Items are BAKED and not fried.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>AVAILABLE DAILY!</b> Fresh Grilled Chicken Caesar Salad Meal (Tossed Greens w/ Sliced Chicken, Whole Wheat Roll, &amp; Low-Fat Caesar Dressing)</p>	 <p><b>Each Meal includes a Trip to the Farm Stand. Selections on The Farm Stand are included with Lunch. Choose ½ a cup of fruit and 1 cup of vegetable from a variety of options daily.</b></p>			
 <p><b>Pomegranate</b></p>	<p>1 Chicken Patty on a Whole Wheat Roll</p>	<p>2 <b>Breakfast for Lunch</b> Whole Grain French Toast Sticks w/ an Egg Patty</p>	<p>3 All-Beef Hot Dog on a Whole Wheat Bun</p>	<p>4  Boneless Chicken Wings w/ a Whole Wheat Roll</p>
<i>Weekly Alternate: Italian Hero w/ Lettuce on a Whole Wheat Hoagie</i>				
<p>7 Cheese Pizza</p> 	<p>8 <b>Election Day</b> BBQ Rib on a Whole Wheat Hero</p>	<p>9 Chicken Nuggets w/ a Whole Wheat Dinner Roll</p>	<p>10 <b>NJEA Convention No School</b></p>	<p>11 <b>Veterans' Day</b></p>
<i>Weekly Alternate: Turkey Breast w/ Lettuce on a Whole Wheat Roll</i>				
<p>14 Cheese Pizza</p>	<p>15  Fresh Grilled Chicken Breast on a Whole Wheat Bun</p>	<p>16 Corn Dog on a Stick</p>	<p>17 Popcorn Chicken w/ a Whole Wheat Dinner Roll</p>	<p>18 <b>Mickey Mouse's Birthday</b> Cheesesteak Hero</p>
<i>Weekly Alternate: Ham &amp; Cheese w/ Lettuce on a Whole Wheat Roll</i>				
<p>21 Cheese Pizza</p>	<p>22 <b>Pre-Thanksgiving Lunch</b> Turkey w/ Gravy, Corn &amp; a Whole Wheat Dinner Roll</p>	<p>23  100% Beef Cheeseburger on a Whole Wheat Bun</p>	<p>24 <b>HAPPY THANKSGIVING</b></p>	<p>25 </p>
<i>Weekly Alternate: Turkey Breast w/ Lettuce on a Whole Wheat Roll</i>				
<p>28 Cheese Pizza</p>	<p>29 BBQ Rib on a Whole Wheat Hero</p>	<p>30 Chicken Patty on a Whole Wheat Roll</p>	 <p><b>Sweet Potato</b></p>	
<i>Weekly Alternate: Ham &amp; Cheese w/ Lettuce on a Whole Wheat Roll</i>				

Breakfast Menu	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast Break Cereal Milk Selection Fruit	Yogurt w/ Cheese Stick Graham Cracker Pure Fruit Juice Milk Selection Fruit	Breakfast Break Cereal Milk Selection Fruit	Breakfast Break Cereal Milk Selection Fruit	Breakfast Break Cereal Milk Selection Fruit

**All meals include:**  
Entrée with Protein/Grain, a Trip to The Farm Stand & Milk  
Milk Choice: Low-Fat White or Non-Fat Chocolate

 **All-Natural:** Contains no antibiotics, preservatives, hormones or nitrates; are vegetarian fed and sustainably farmed



**At least 50% of All Grains served w/ your meal are Whole Grain Rich**

"This institution is an equal opportunity provider."