


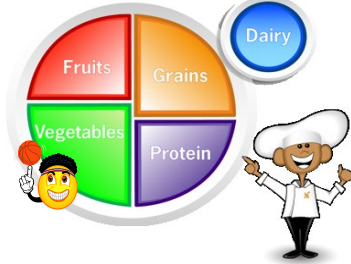










# DECEMBER 2016

## Community Charter School of Paterson




All Items are BAKED and not fried.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>AVAILABLE DAILY!</b></p> <p> Fresh Grilled Chicken Caesar Salad Meal (Tossed Greens w/ Sliced Chicken, a Whole Wheat Roll, &amp; Low-Fat Caesar Dressing)</p>	<p>Each Meal includes a Trip to the Farm Stand. Selections on The Farm Stand are included with Lunch. Choose <math>\frac{1}{2}</math> a cup of fruit and 1 cup of vegetable from a variety of options daily.</p>				
<p><b>FRUIT OF THE MONTH</b></p> <p> <b>Clementine</b></p>	<p><b>VEGETABLE OF THE MONTH</b></p> <p> <b>Broccoli</b></p>	<p><b>THE FARM STAND</b></p> 		<p>Macaroni &amp; Cheese w/ a Dinner Roll <sup>1</sup></p>	<p>Chicken Nuggets w/ a Whole Wheat Dinner Roll <sup>2</sup></p>
<p><i>Weekly Alternate: Ham &amp; Cheese w/ Lettuce on a Whole Wheat Roll</i></p>					
<p>Cheese Pizza <sup>5</sup></p>	<p>BBQ Rib on a Whole Wheat Hero <sup>6</sup></p>	<p>Meatballs w/ Sauce &amp; a Whole Wheat Roll <sup>7</sup></p>	<p>Chicken Patty on a Whole Wheat Bun <sup>8</sup></p>	<p> 100% Beef Hamburger on a Whole Wheat Bun <sup>9</sup></p>	
<p><i>Weekly Alternate: Turkey Breast &amp; Cheese w/ Lettuce on a Whole Wheat Roll</i></p>					
<p>Cheese Pizza <sup>12</sup></p>	<p>Chicken Tenders w/ a Whole Wheat Dinner Roll <sup>13</sup></p>	<p>Beef Empanada <sup>14</sup></p>	<p>All-Beef Hot Dog on a Whole Wheat Bun <sup>15</sup></p>	<p> Boneless Chicken Wings w/ a Whole Wheat Roll <sup>16</sup></p>	
<p><i>Weekly Alternate: Italian Hero w/ Lettuce on a Whole Wheat Hoagie</i></p>					
<p>Cheese Pizza <sup>19</sup></p>	<p>"Starry, Starry Day" Chicken Patty on a Whole Wheat Bun <sup>20</sup></p>	<p> <b>First Day of Winter</b> Breakfast for Lunch Whole Grain French Toast Sticks w/an Egg Patty <sup>21</sup></p>	<p> 100% Beef Cheeseburger on a Whole Wheat Bun <sup>22</sup></p>	<p>Chicken Nuggets w/ a Whole Wheat Dinner Roll <sup>23</sup></p>	
<p><i>Weekly Alternate: Turkey Breast w/ Lettuce on a Whole Wheat Roll</i></p>					
<p><b>WINTER BREAK</b></p>				<p> <sup>30</sup></p>	

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."