



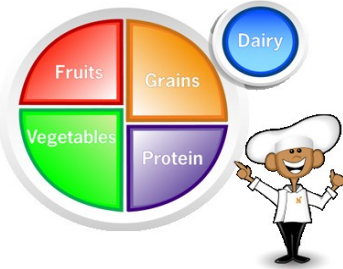










# JANUARY 2017

## 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, a 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>School Closed</p>	Cheese Pizza	Chicken Nuggets w/ a Whole Wheat Dinner Roll	Beef Empanada	Chicken Patty on a Whole Wheat Bun	
<i>Weekly Alternate: Turkey Breast w/ Lettuce on a Medium Whole Wheat Roll</i>					
Cheese Pizza	BBQ Rib Hero	 <p>100% Beef Burger on a Whole Wheat Bun</p>	Chicken Nuggets w/ a Whole Wheat Dinner Roll	Corn Dogs	
<i>Weekly Alternate: Ham &amp; Cheese w/ Lettuce on a Whole Wheat Roll</i>					
 <p>School Closed</p>	Cheese Pizza	Chicken Patty on a Whole Wheat Roll	Bosco Cheese Sticks w/ Dipping Sauce	 <p>100% Beef Burger on a Whole Wheat Bun</p>	
<i>Weekly Alternate: Turkey Breast and Cheese w/ Lettuce on a Whole Wheat Roll</i>					
Cheese Pizza	Popcorn Chicken w/ a Whole Wheat Dinner Roll	<p>21st Winter Olympics 1924 in France</p>  <p>Pizza Crunchers</p>	All-Beef Hot Dog on a Whole Wheat Bun	 <p>Boneless Chicken Wings w/ a Whole Wheat Roll</p>	
<i>Weekly Alternate: Italian Hero w/ Lettuce on a Whole Wheat Hoagie</i>					
<p>National Puzzle Day 1/29</p> <p>Cheese Pizza</p>	Chicken Patty on a Whole Wheat Bun		<p><b>FRUIT OF THE MONTH</b></p>  <p><b>KIWI</b></p>	<p><b>VEGETABLE OF THE MONTH</b></p>  <p><b>Carrots</b></p>	
<i>Weekly Alternate: Turkey Breast 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."