


# Days Creek Charter School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
5 BR: Cherry Frudel  LN: Pepperoni Pizza Oven Roasted Vegetables	6 BR: Biscuit & Sausage Sandwich  LN: Chicken Sandwich Potato Wedges Three Bean Salad	7 BR: Banana Nut Muffin  LN: Southwest Chicken Burrito Refried Beans Salsa	8 BR: Breakfast Burrito w/Picante Sauce  LN: Fiesta Bowl <i>(Seasoned Rice topped with crumbled beef, pinto beans, corn, Pico de Gallo, sour cream &amp; cheese)</i> Guacamole too!	WK2
12 BR: Pancake & Sausage on a Stick  LN: Pepperoni Roll W/Marinara Sauce Green Beans	13 BR: Oatmeal Muffin Squares  LN: Sloppy Joe Confetti Corn Salad	14 BR: Maple Waffles & Sausage Links  LN: Chicken Tenders Curried Vegetables on Rice	15 BR: Yogurt Parfait  LN: Sub Sandwich Baked Beans WG Chips	WK3
19 BR: French Toast Sticks  LN: Bean & Cheese Burrito Spicy Sweet Potato Fries Salsa	20 BR: Biscuit & Gravy  LN: Honey Mustard Deli Wrap Potato Bars	21 BR: Cinnamon Roll  LN: Tomato Soup Toasted Cheese Sandwich Northwest Apple Salad	22 BR: Warm Apple Pocket  LN: Chicken Nuggets Garlic Broccoli Macaroni & Cheese	WK4



 <p><b>Everyday Lunch Choices!</b>  <i>Fresh salad greens,                      A variety of fresh fruits &amp; vegetables,                      Low fat (1%), and nonfat chocolate milk is included                      with all lunches.</i></p>	<p><b>Everyday Breakfast Choices:</b>                      Assorted Cold Cereal, Fruit, 100% Juice &amp; 1% or Nonfat Chocolate Milk                      Students must choose 3 items for a reimbursable meal. <i>One</i> of the 3 items chosen <i>must be a fruit or juice.</i></p>	<p>This institution is an equal opportunity provider.</p>
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AT LUNCH - 5 Meal Components are offered: Wholegrains, Meat/Meat Alternate, Fruit, Vegetable, & choice of 1% or Nonfat Chocolate milk  
 Students must choose 3, 4 or 5 of the items offered, for a reimbursable meal.  
**ONE of these choices MUST be ½ cup FRUIT or ½ cup VEGETABLE**

**MEAL PRICES:** Elementary- Breakfast \$1.65; Lunch: \$2.35  
 Middle & High School- Breakfast \$1.90; Lunch: \$2.85  
 Extra Milk .30

*Menu subject to change.*