

**February 2017 Lunch Menu
Sacramento Charter High School**

February 2017



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Pastrami & Cheese
Salami & Cheese
Ham & Cheese
Turkey & Cheese
Tuna Salad Sandwich

Wraps

Selections Rotate
BBQ Chicken Wrap
Buffalo Chicken Wrap
Chicken Caesar Wrap
Chipotle Chicken Wrap
Santé Fe Turkey Wrap



Daily Salad Bar with Condiments

Today's Feature

Monday

Carrots & Beans

Tuesday

Broccoli & Celery

Wednesday

Tomatoes & Cucumbers

Thursday

Salad & Beans

Friday

Carrots & Celery



Favorite Comfort Foods & International Flavors Served

		1	2	3
		Mac-n-Cheese with Green Beans & Dinner Roll	Chicken Parmesan with Penne Pasta & Dinner Roll	Fresh Baked Pizza with Caesar Salad
6	7	8	9	10
Chicken Alfredo with Broccoli & Dinner Roll	Chili Cheese Dog with Baked Beans & Fresh Sautéed Vegetables	Chicken Strip Basket with Baked Fries Green Bean & Dinner Roll	Spaghetti & Meatballs with Fresh Vegetables	Fresh Baked Pizza with Garden Salad
13	14	15	16	17
Sloppy Joes with Mashed Potatoes	Mac-n-Cheese with Veggie Medley & Dinner Roll	Italian Meatball Sub with Green Salad & Dinner Roll	Beef Macho Nachos Mexican Style Rice & Spicy Beans	Fresh Baked Pizza with Caesar Salad
20	21	22	23	24
		Roasted Turkey Mashed Potato & Green Beans	Teriyaki Chicken with Brown Rice & Stir-Fry Veggies	Beef Enchiladas with Rice & Beans
27	28			
Chicken Pasta Bake with Garlic Bread	Triple Grilled Cheese with Baked Fries			
		BREAKFAST Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50		LUNCH Student Prices \$2.55 Paid \$0.40 Reduced* Adult/Staff \$3.25



Classic Cheese pizza, Veggie and Pepperoni pizza served on Friday
All pizza made w/ reduced fat cheese & whole grain crust. Includes salad bar.

Specials

- Week 1 Buffalo Chicken
- Week 2 Italian Sausage
- Week 3 Meatball
- Week 4 Hawaiian
- Week 5 BBQ Chicken



Includes daily potato choice and salad bar.

Specials

- Monday: Chicken Sandwich
- Tuesday: Hamburger or Cheeseburger
- Wednesday: Turkey Corn Dog
- Thursday: BBQ Riblet Sandwich
- Daily: Popcorn Chicken



Fresh Food Fast- Packaged for Grab N' Go (Salads served with a dinner roll)

Specials

- Monday: Asian Chicken Salad
- Tuesday: Ham & Turkey Chef Salad
- Wednesday: Spinach Salad
- Thursday: Satsuma Cobb Salad
- Daily: Chicken Caesar Salad

**Questions please call:
Director of Dining Services
916.649.7844**

USDA and this institution are equal opportunity providers.

***You may qualify for free or reduced price meals. Applications are available at all schools and the district office.
Low-fat milk is served with every breakfast and lunch.
Some menu items may change due to availability of products.**