

Lunch Menu Sacramento Charter High School

May-June 2017



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Tuna Salad
Salami & Cheese
Ham & Cheese
Turkey & Cheese

Wraps

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



Daily Salad Bar with Condiments

Today's Feature

Monday
Carrots, Beans, Cucumber
Tuesday
Broccoli, Celery, Fruit
Wednesday
Tomato and Cucumber Salad
Thursday
Salad & Beans
Wheat Pasta Salad
Friday
Carrots & Celery
Spinach



Favorite Comfort Foods & International Flavors Served

BREAKFAST	LUNCH			
Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.50	Student Prices \$2.55 Paid \$0.40 Reduced* Adult/Staff \$3.25			
8	9	10	11	12
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
15	16	17	18	19
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
22	23	24	25	26
Alfredo Chicken Pasta w/ Mashed Potatoes & Breadstick	Chili Cheese Dog w/ Baked Beans & Whole Grain Roll	Crispy Chicken Tenders w/ Crinkle Cut Fries & Whole Grain Roll	Chicken Pot Pie w/ Savory Green Beans & Whole Grain Roll	Pizza Day! Classic Pepperoni Peppers and Mushroom with Caesar Salad
29	30	31	1	2
NO SCHOOL	Savory Salisbury Steak w/Garlic Mashed Potatoes	Teriyaki Chicken w/ Brown Rice	Blackened Baked Fish w/ Sweet Mashed Potatoes	Pizza Day! Pepperoni Roasted Vegetable

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.



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 Cheese
Week 2 Pepperoni
Week 3 Peppers and Mushrooms
Week 4 Pepperoni
Week 5 Cheese



Includes daily potato choice and salad bar.

Specials

Monday: Classic Cheeseburger
Tuesday: Crispy Chicken Patty
Wednesday: BBQ Rib Sandwich
Thursday: Crispy Fish Sandwich
Friday: Italian Meatball Sub



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

Specials

Monday: Ham & Turkey Chef Salad
Tuesday: Chicken Caesar Salad
Wednesday: Hearty Spinach Salad
Thursday: Ham & Turkey Chef Salad
Friday: Chicken Caesar Salad

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