

# **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

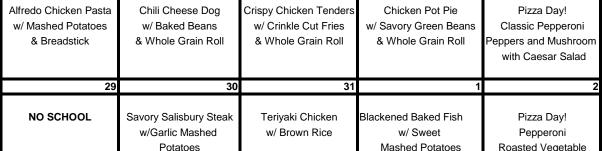
> Thursday Salad & Beans Wheat Pasta Salad Friday

Carrots & Celery Spinach



## **Favorite Comfort Foods & International Flavors Served**

BREAKFAST	LUNCH			
Student Prices	Student Prices			
\$1.50 Paid	\$2.55 Paid			
\$0.30 Reduced*	\$0.40 Reduced*			
Adult/Staff \$2.50	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	Chili Cheese Dog	Crispy Chicken Tenders	Chicken Pot Pie	Pizza Day!





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

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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.