

Sacramento Charter High School September 2017



Comfort Foods (Line B)

BREAKFAST	LUNCH			1
Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.00	Student Prices \$2.65 Paid \$0.40 Reduced* Adult/Staff \$3.99	Choose My Plate gov	Sac Heal	Oven Roasted Turkey Mashed Potatoes
4	5	6	7	8
No School Happy Labor Day!	Teriyaki Beef w/ Brown Veggie Rice	Cheesy Nachos	Buffalo Popcorn Chicken W/Green Side salad	Pizza Day! Pepperoni BBQ Chicken
11	12	13	14	15
Mom's Meatloaf Seasoned Peas & Carrots	Spaghetti W/ Italian Meat sauce & Garlic Toast	House-made Creamy Macaroni and Cheese	Bean and Cheese Burrito Cilantro Lemon Rice	Pizza Day! Pepperoni
18	19	20	21	22
Sweet and Sour Chicken Vegetable Rice	BBQ Chicken Homestyle Mashed Potatoes	Pizza Day! Pepperoni BBQ Chicken	Meatballs & Zesty Marinara Garlic Mashed Potatoes	Chili Dog & Fries
25	26	27	28	29
Chicken Parmesan Pasta Bake	Teriyaki Glazed Chicken w/ Stir Fry Veggies	Chicken Fajita Mexican Style Beans	Crunchy Fish Sticks w/ Cilantro Lemon Rice	Pizza Day! Pepperoni Cheese

Grill Options (Line A)

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Cheeseburger	Crispy Chicken Patty	BBQ Rib Sandwich	Crispy Fish Sandwich	Italian Meatball Sub
Daily Potato Choice	Daily Potato Choice	Daily Potato Choice	Daily Potato Choice	Daily Potato Choice
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

*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 other menu items may change due to availability of products. USDA and this institution are equal opportunity providers.

Snack Bar (Line C)



Cold Sandwiches & Wraps Made Fresh

Daily Sandwiches

Turkey & Cheese

Salami & Cheese

Wraps: Rotating Selection

BBQ Chicken Wrap

Buffalo Chicken Wrap

Chicken Caesar Wrap

Turkey Wrap



Daily Salad Bar & Condiments

Carrots, Beans, Cucumber

Tuesday Broccoli, Celery, Fruit

Wednesday Tomato & Cucumber, Salad

Thursday Salad, Beans, Pasta Salad Carrots & Celery, Spinach



Fresh Food Fast: Packaged for Grab N' Go

Chicken Caesar Salad & Roll Tuesday Hearty Spinach Salad & Roll Wednesday Chicken Caesar Salad & Roll

Thursday Ham & Turkey Chef Salad & Roll Hearty Spinach Salad & Roll

A La Carte (Line C)

A rotating selection of healthy snacks may be purchased a la carte from the snack bar.

Questions, concerns or feedback, please call: Director of Dining Services, Nick Dramis 916.649.7844