





21st Century Charter High School January 2019 9-12 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes		January 1 	January 2 Orange Chicken Brown Rice* Sliced Carrots Pineapple	January 3 Rotini* with Homemade Meat Sauce & Garlic Bread* Broccoli Florets Applesauce	January 4 Chicken Fajita Rice Bowl* with Garnish Cup, Salsa & Sour Cream California Blend Veggies Pears
			Christmas Brek	- Casses resume January 8th, 2019	
Spotlight Fruit of the Week: Bananas	January 7 Fish Fillet Sandwich* with Cheese & Tartar Sauce Parsley Redskin Potatoes Snickerdoodle Cookie* Peaches Classes resume tomorrow	January 8 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit Classes resume today	January 9 Chicken Caesar Wrap* Black Beans Broccoli Florets Pineapple	January 10 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Brown Rice* Baby Carrots Applesauce	January 11 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	January 14 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Honey Oat Goldfish Cracker* Peaches	January 15 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Mixed Fruit	January 16 Beef Sloppy Joe on a Bun* Baby Carrots Pineapple	January 17 Handcrafted Mac & Cheese* with Honey Wheat Dinner Roll* Green Peas Applesauce	January 18 Boneless Chicken Wings with BBQ Dipping Sauce Broccoli Florets Rice Krispies Treat* Pears
Spotlight Fruit of the Week: Grapes	January 21 Greek-Style Chicken with Honey Wheat Dinner Roll* Brown Rice* Green Beans Snickerdoodle Cookie* Peaches No classes today Martin Luther King Day	January 22 Chicken-Fried Steak with Mashed Potatoes & Country Gravy Cajun-Style Black-Eyed Peas Mini Cornbread Loaf Strawberry Shortcake Cookie* Mixed Fruit 	January 23 Grilled Chicken Sandwich* with Lettuce & Tomato Refried Beans California Blend Veggies Pineapple	January 24 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	January 25 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	January 28 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Rice Krispies Treat* Peaches	January 29 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	January 30 Chicken Corn Dog* Corn Kettle-Baked Beans Pineapple	January 31 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

- Monday** – All-American Cheeseburger on a Bun*
- Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
- Wednesday** – Super Nachos* & Salsa*
- Thursday** – Breaded Chicken Sandwich*
- Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced
 Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

Color Me Orange/Yellow

We are celebrating orange and yellow fruits and vegetables this month. What are the advantages of eating produce from this color group? Orange and yellow fruits and vegetables promote a healthy heart, vision health, and a stronger immune system. Your school's LunchSmart menu includes a rainbow of fruits and vegetables to enhance student well-being. Eating orange and yellow produce is part of the mix and it tastes good, too.

It is synonymous with Oklahoma roadside diners along Route 66. It is also the star of Oklahoma's official meal. We are talking about chicken-fried steak. Join the Culinary Explorations team in Oklahoma City for a lunch that does the city proud. Did you know Oklahoma City is one of only two capital cities with their state name as part of the city name? The other is Indianapolis.

