





21st Century Elementary School September 2019 LunchSmart Menu for Grades K-3

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	September 2 	September 3 Toasted Cheese Sandwich* & Tomato Soup Cheddar Goldfish Crackers* Capri Blend Veggies Mixed Fruit	September 4 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Black Beans Pineapple	September 5 Orange Chicken White Rice Sliced Carrots Applesauce	September 6 Turkey Pepperoni Personal Pan Pizza* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	September 9 Boneless Chicken Wings with BBQ Dipping Sauce & Buffalo Ranch Dipping Cup California Blend Veggies Peaches	September 10 Beef Sloppy Joe on a Bun* Kettle-Baked Beans Mixed Fruit	September 11 BBQ Chicken Flatbread* Baby Carrots Pineapple	September 12 Handcrafted Mac & Cheese* & Apple Jammer Breadstick Green Peas Applesauce	September 13 Extra Cheesy Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	September 16 All-American Cheeseburger on a Bun* Green Beans Snickerdoodle Cookie* Peaches	September 17 Chicken Nuggets* with BBQ Dipping Sauce & Twisted Garlic Breadstick* Corn Mixed Fruit	September 18 Grilled Chicken Sandwich on a Pretzel Roll* with Lettuce & Tomato Kettle-Baked Beans Pineapple	September 19 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	September 20 Cheesy Garlic French Bread Pizza* Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	September 23 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Sliced Carrots Peaches	September 24 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Mixed Fruit	September 25 Roasted BBQ Chicken Leg with Honey Wheat Dinner Roll* Kettle-Baked Beans Corn on the Cob Pineapple	September 26 Campfire Beef Stew with Ranch-Flavored Potato Wedges Spiced Apples & Cream Applesauce 	September 27 Turkey Pepperoni Personal Pan Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Fresh Pears	September 30 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	<i>Get out your backpacks! The Culinary Explorations crew is touring America's national parks during the 2019-20 school year. Our first destination is Yellowstone. Did you know that Yellowstone is the world's first national park? It was founded in 1872. Yellowstone is larger than the states of Delaware and Rhode Island combined. In fact, this national park is spread out over three states: Wyoming, Montana, and Idaho. This month, you can embrace the outdoor lifestyle with campfire beef stew and spiced apples and cream. Yum!</i>			



Served Each Day:

- Side Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt Cup /
- Milk (1% & Skim White Plus Fat-Free Chocolate)

*=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



21st Century Middle School September 2019 LunchSmart Menu for Grades 4, 5, 6, and 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	September 2 	September 3 Toasted Cheese Sandwich* & Tomato Soup Cheddar Goldfish Crackers* Capri Blend Veggies Mixed Fruit	September 4 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Black Beans Pineapple	September 5 Orange Chicken White Rice Sliced Carrots Applesauce	September 6 Turkey Pepperoni Personal Pan Pizza* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	September 9 Boneless Chicken Wings with BBQ Dipping Sauce & Buffalo Ranch Dipping Cup California Blend Veggies Peaches	September 10 Beef Sloppy Joe on a Bun* Kettle-Baked Beans Mixed Fruit	September 11 BBQ Chicken Flatbread* Baby Carrots Pineapple	September 12 Handcrafted Mac & Cheese* & Apple Jammer Breadstick Green Peas Applesauce	September 13 Extra Cheesy Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	September 16 All-American Cheeseburger on a Bun* Green Beans Snickerdoodle Cookie* Peaches	September 17 Chicken Nuggets* with BBQ Dipping Sauce & Twisted Garlic Breadstick* Corn Mixed Fruit	September 18 Grilled Chicken Sandwich on a Pretzel Roll* with Lettuce & Tomato Kettle-Baked Beans Pineapple	September 19 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	September 20 Cheesy Garlic French Bread Pizza* Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	September 23 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Sliced Carrots Peaches	September 24 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Mixed Fruit	September 25 Roasted BBQ Chicken Leg with Honey Wheat Dinner Roll* Kettle-Baked Beans Corn on the Cob Pineapple	September 26 Campfire Beef Stew with Ranch-Flavored Potato Wedges Spiced Apples & Cream Applesauce 	September 27 Turkey Pepperoni Personal Pan Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Fresh Pears	September 30 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	<i>Get out your backpacks! The Culinary Explorations crew is touring America's national parks during the 2019-20 school year. Our first destination is Yellowstone. Did you know that Yellowstone is the world's first national park? It was founded in 1872. Yellowstone is larger than the states of Delaware and Rhode Island combined. In fact, this national park is spread out over three states: Wyoming, Montana, and Idaho. This month, you can embrace the outdoor lifestyle with campfire beef stew and spiced apples and cream. Yum!</i>			




Served Each Day:

- Side Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt Cup /
- Milk (1% & Skim White Plus Fat-Free Chocolate)

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21st Century Charter High School September 2019 8-12 LunchSmart

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	September 2 	September 3 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* Capri Blend Veggies Mixed Fruit	September 4 Chicken Caesar Wrap* Black Beans Corn Pineapple	September 5 Orange Chicken White Rice Sliced Carrots Strawberry Shortcake Cookie* Applesauce	September 6 Turkey Pepperoni Personal Pan Pizza* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	September 9 Boneless Chicken Wings & Breadstick* with BBQ Dipping Sauce & Buffalo Ranch Dipping Cup California Blend Veggies Strawberry Mango Slushie Peaches	 September 10 KC BBQ Beef Sandwich on a Bun* Kettle-Baked Beans Corn Harvest Cheddar SunChips* Mixed Fruit	September 11 BBQ Chicken Flatbread* Baby Carrots Snickerdoodle Cookie* Pineapple	September 12 Handcrafted Mac & Cheese* & Apple Jammer Breadstick Green Peas Applesauce	September 13 4-Meat Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	September 16 Bean & Cheese Chalupa* with Garnish Cup & Salsa Handmade Spanish Rice Green Beans Snickerdoodle Cookie* Peaches	September 17 BBQ Rib Sandwich on a Bun*^A Corn Cheez-Its* Mixed Fruit	September 18 Grilled Chicken Sandwich on a Pretzel Roll* with Lettuce & Tomato California Blend Veggies Kettle-Baked Beans Rice Krispies Treat* Pineapple	September 19 Spaghetti with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	September 20 Bosco Stick* with Marinara Sauce Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	September 23 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Kettle-Baked Beans Baby Carrots Peaches	September 24 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Mixed Fruit	September 25 Campfire Beef Stew with Ranch-Flavored Potato Wedges Spiced Apples & Cream Pineapple 	September 26 Roasted BBQ Chicken Leg with Twisted Garlic Breadstick* Green Beans Applesauce	September 27 Turkey Pepperoni Personal Pan Pizza* Broccoli Florets Pears
Spotlight Fruit of the Week: Fresh Pears	September 30 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	<p><i>Get out your backpacks! The Culinary Explorations crew is touring America's national parks during the 2019-20 school year. Our first destination is Yellowstone. Did you know that Yellowstone is the world's first national park? It was founded in 1872. Yellowstone is larger than the states of Delaware and Rhode Island combined. In fact, this national park is spread out over three states: Wyoming, Montana, and Idaho. This month, you can embrace the outdoor lifestyle with campfire beef stew and spiced apples and cream. Yum!</i></p>			

Served 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* with Salsa or Taco* with Garnish Cup & Salsa (on alternating weeks)
Thursday – Plain or Spicy Breaded Chicken Sandwich* with Lettuce & Tomato
Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

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School breakfast helps to influence how you perform mentally and physically during the day!



21st Century Charter School September 2019 Sunrise Starters

Monday	Tuesday	Wednesday	Thursday	Friday
September 2 	September 3 Canadian Bacon & Egg Croissant* Mixed Fruit	September 4 Cinnamon Roll* Pineapple	September 5 Turkey Ham & Cheese on a Hawaiian Roll* Applesauce	September 6 Cheese Omelet with Toast* Pears
September 9 Cheesy Egg & Turkey Sausage Sliders* Peaches	September 10 Mini French Toast* with Syrup Mixed Fruit	September 11 Yogurt Parfait (strawberry or peach) & Honey Oat Goldfish Cracker* Pineapple	September 12 Bacon & Egg Breakfast Square* Applesauce	September 13 Blueberry Waffle* with Syrup Pears
September 16 Mini Chocolate Donuts* Peaches	September 17 Turkey Sausage & Cheese Breakfast Sandwich* Mixed Fruit	September 18 Pancake Wrap*^ with Syrup Pineapple	September 19 Cinnamon Oatmeal* Applesauce	September 20 Scrambled Eggs with Turkey Sausage & Toast* Pears
September 23 Cinnamon Raisin Bagel* with Cream Cheese Peaches	September 24 Breakfast Boat* with Turkey Bacon & Scrambled Eggs Mixed Fruit	September 25 French Toast Sticks* with Syrup Pineapple	September 26 Yogurt Parfait (strawberry or peach) & Oatmeal Bar* (apple or strawberry) Applesauce	September 27 Chocolate-Filled Crescent* Pears
September 30 Mini Confetti Pancakes* with Syrup Peaches				

Also Served Every Day:

- Assorted cereals*
- Blueberry and banana muffins*
- Bread*, Jelly, Margarine
- Fresh fruit
- Yogurt cups
- 100% apple juice and orange juice
- 1% white milk, fat-free white milk, and fat-free chocolate milk with no artificial growth hormones or antibiotics



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This institution is an equal opportunity provider