



# PreK Breakfast Menu October 2024



Vegetarian item

Skim & 1% Lowfat Milk available for every meal

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich French Toast Minis	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Cereal Bars & Yogurt	Apple Frudel	Turkey Sausage Pancake Stick Mini Bagels	French Toast Minis	WG Breakfast Bread
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Cereal & Yogurt	Beef Sausage Biscuit Sandwich French Toast Minis	Cherry Frudel	WG Muffins
	Apple Sauce	Orange Juice	Fresh Peach	Fruit Salad Cup
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich French Toast Minis	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce	Banana	Orange Juice	Fresh Peach	Fruit Salad Cup
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Cereal Bars & Yogurt	Apple Frudel	Turkey Sausage Pancake Stick Mini Bagels	French Toast Minis	No Classes for Scholars
Apple Sauce	Banana	Orange Juice	Fresh Peach	

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible.



# K - 8 Breakfast Menu October 2024



Vegetarian item

Skim & 1% Lowfat Milk available for every meal

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce Craisins	Banana Peach Cup	French Toast Minis Orange Juice Fresh Apple	Fresh Peach Mandarin Orange Cup	Fruit Salad Cup Fresh Pear
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Cereal Bars & Yogurt	Apple Frudel	Turkey Sausage Pancake Stick	French Toast Minis	WG Breakfast Bread
Apple Sauce Craisins	Banana Peach Cup	Mini Bagels Orange Juice Fresh Apple	Fresh Peach Mandarin Orange Cup	Fruit Salad Cup Fresh Pear
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Cereal & Yogurt	Beef Sausage Biscuit Sandwich	Cherry Frudel	WG Muffins
	Apple Sauce Craisins	French Toast Minis Orange Juice Fresh Apple	Fresh Peach Mandarin Orange Cup	Fruit Salad Cup Fresh Pear
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Cereal & Yogurt	Strawberry Cream Cheese Mini Bagels	Chicken Biscuit Sandwich	Grape Filled Crescent Roll	Chocolate Chip Waffles
Apple Sauce Craisins	Banana Peach Cup	French Toast Minis Orange Juice Fresh Apple	Fresh Peach Mandarin Orange Cup	Fruit Salad Cup Fresh Pear
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Cereal Bars & Yogurt	Apple Frudel	Turkey Sausage Pancake Stick	French Toast Minis	No Classes for Scholars
Apple Sauce Craisins	Banana Peach Cup	Mini Bagels Orange Juice Fresh Apple	Fresh Peach Mandarin Orange Cup	

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Friendship  
Public Charter School

# PreK Lunch Menu October 2024



Vegetarian  
item

Skim & 1% Lowfat Milk  
available for every meal

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
<b>BBQ Chicken Sandwich</b> Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll Sweet Potato Fries Grape Juice	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Chicken Philly Cheesesteak</b> Chef Salad w/Fajita Chicken Strips or White Bean Chili w/ Dinner Roll Celery Sticks Apple Sauce	<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy French Fries Banana	<b>Cheese Pizza</b> Baby Carrots w/ Ranch Pineapple
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
<b>Teriyaki Beef Dunkers w/ Veggie Fried Rice</b> Chef Salad w/ Teriyaki Beef Nuggets or Veggie Nuggets & Dinner Roll Seasoned Broccoli Grape Juice	<b>Cheesy Pull-Aparts</b> Chef Taco Salad w/ Tortilla Rounds Emoticon Potatoes Orange Wedges	<b>Turkey &amp; Gravy w/ Dinner Roll</b> Chef Salad w/ Turkey & Cheese or Beans w/ Dinner Roll Mashed Potatoes Apple Sauce	<b>BBQ Rib Sandwich</b> Chef Salad w/ Cheese & WG Soft Pretzel Sweet Potato Fries Banana	<b>Cheese Pizza</b> Celery Sticks w/ Ranch Pineapple
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Crispy Chicken Sandwich w/ Lettuce &amp; Tomato</b> Chef Salad w/Crispy Chicken or White Bean Chili w/Dinner Roll Sweet Potato Fries Apple Sauce	<b>Hot Dog or Chili Cheese Dog on WG Bun</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy Fries Banana	<b>Pepperoni or Cheese Pizza</b> Baby Carrots w/ Ranch Pineapple
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
<b>Chicken &amp; Waffles</b> Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll Seasoned Collards Grape Juice	<b>Grilled Cheese</b> Chef Taco Salad w/ Tortilla Rounds Emoticon Potatoes Orange Wedges	<b>Chicken Drumstick w/ Corn Bread Muffin</b> Chef Salad w/ Turkey or White Bean Chili w/ Corn Bread Muffin Seasoned Green Beans Apple Sauce	<b>Meatball Sub w/ BBQ</b> Chef Salad w/ Cheese & WG Soft Pretzel Cole Slaw Banana	<b>Mozzarella Sticks w/ Marinara</b> Celery Sticks w/ Ranch Pineapple
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
<b>BBQ Chicken Sandwich</b> Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll Sweet Potato Fries Grape Juice	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Chicken Philly Cheesesteak</b> Chef Salad w/Fajita Chicken Strips or White Bean Chili w/ Dinner Roll Celery Sticks Apple Sauce	<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy French Fries Banana	<b>No Classes for Scholars</b>

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible.



# K - 8 Lunch Menu October 2024



Vegetarian  
item

Skim & 1% Lowfat Milk available for  
every meal

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
<b>BBQ Chicken Sandwich</b> Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll Sweet Potato Fries Seasoned Collards Grape Juice	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Chicken Philly Cheesesteak</b> Chef Salad w/ Fajita Chicken Strips or White Bean Chili w/ Dinner Roll Cole Slaw Apple Sauce	<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy French Fries Banana	<b>Ranchero or Cheese Pizza</b> Baby Carrots w/ Ranch Spinach Salad Pineapple
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
<b>Teriyaki Beef Dunkers w/ Veggie Fried Rice</b> Chef Salad w/ Teriyaki Beef Nugget or Veggie Nuggets & Dinner Roll Seasoned Broccoli Grape Juice	<b>Cheesy Pull-Aparts</b> Chef Taco Salad w/ Tortilla Rounds Tomato Soup Tater Tots Orange Wedges	<b>Turkey &amp; Gravy w/ Dinner Roll</b> Chef Salad w/ Turkey & Cheese or Beans w/ Dinner Roll Mashed Potatoes Candied Carrots Apple Sauce	<b>BBQ Rib Sandwich</b> Chef Salad w/ Cheese & WG Soft Pretzel Sweet Potato Fries Baked Beans Banana	<b>Cheese Pizza</b> Celery Sticks w/ Ranch Caesar Salad Pineapple
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
 <b>INDIGENOUS PEOPLES DAY</b>	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Crispy Chicken Sandwich w/ Lettuce &amp; Tomato</b> Chef Salad w/ Crispy Chicken or White Bean Chili w/ Dinner Roll Sweet Potato Fries Apple Sauce	<b>Hot Dog or Chili Cheese Dog on WG Bun</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy Fries Baked Beans Banana	<b>Pepperoni or Cheese Pizza</b> Baby Carrots w/ Ranch Spinach Salad
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
<b>Chicken &amp; Waffles</b> Chef Salad w/ Crispy Chicken or Veggie Nuggets & Dinner Roll Seasoned Collards Sweet Potato Fries Grape Juice	<b>Grilled Cheese</b> Chef Taco Salad w/ Tortilla Rounds Tomato Soup Emoticon Potatoes Orange Wedges	<b>Chicken Drumstick w/ Corn Bread Muffin</b> Chef Salad w/ Turkey or White Bean Chili w/ Corn Bread Muffin Seasoned Green Beans Mashed Potatoes Apple Sauce	<b>Meatball Sub w/ BBQ</b> Chef Salad w/ Cheese & WG Soft Pretzel Cole Slaw Baked Beans Banana	<b>Mozzarella Sticks w/ Marinara</b> Celery Sticks w/ Ranch Caesar Salad
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
<b>BBQ Chicken Sandwich</b> Chef Salad w/ Orange Chicken or Veggie Nuggets & Dinner Roll Sweet Potato Fries Seasoned Collards Grape Juice	<b>Beef &amp; Cheese Tacos w/ Lettuce &amp; Tomato</b> Chef Taco or Veggie Taco Salad w/ Tortilla Rounds Seasoned Black Beans Orange Wedges	<b>Chicken Philly Cheesesteak</b> Chef Salad w/ Fajita Chicken Strips or White Bean Chili w/ Dinner Roll Cole Slaw Apple Sauce	<b>Cheeseburger w/ Lettuce &amp; Tomato</b> Chef Salad w/ Cheese & WG Soft Pretzel Crispy French Fries Banana	No Classes for Scholars

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible.



## Supper Menu October 2024

30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Dinner Roll Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Seasoned Collards Fresh Pear Skim or 1% Fat Milk
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Meatball Sub w/ BBQ Sauce Seasoned Collards Fruit Cup Skim or 1% Fat Milk	Chicken Nuggets w/ WG Dinner Roll Sweet Potato Fries Pineapple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Orange Chicken w/ Vegetable Fried Rice Stir Fry Vegetables Fresh Pear Skim or 1% Fat Milk
28-Oct	29-Oct	30-Oct	31-Oct	1-Nov
Cheese Pizza Caesar Salad Fresh Apple Skim or 1% Fat Milk	Cheeseburger w/Lettuce & Tomatoes Sweet Potato Fries Fruit Cup Skim or 1% Fat Milk	Pasta w/Meatballs & Marinara Seasoned Broccoli Pineapple Skim or 1% Fat Milk	Turkey & Gravy w/ Biscuit Mashed Potatoes Fruit Punch Skim or 1% Fat Milk	No Classes for Scholars

While we will make every effort to serve the planned menu daily, from time-to-time shortages from suppliers may occur. If substitutions are necessary we will use like or similar items whenever possible. We appreciate your patience as we work with our vendors to ensure your scholars get the best possible meals to fuel their success in the classroom.