

September 2015

Triangle Lake Charter School

LUNCH



School Information: Breakfast includes milk, juice and fruit. Lunch includes milk, and full salad bar choices.

We are an Equal Opportunity Provider.



Nutrition Tip: The 2010 Dietary Guidelines for Americans recommend that at least half of your grains are whole. For most people, that translates into at least 48 grams daily.

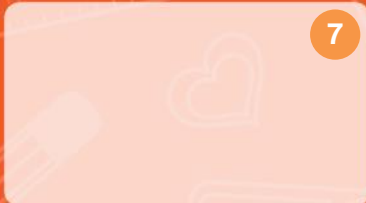
Monday

Tuesday

Wednesday

Thursday

Friday



8
B- Breakfast Bar
L-Nachos

9
B- Bagel and cream cheese
L- Pizza

10
B- Muffins
L- Taco Salad

11
B- Yogurt & Scooby Snack
L- Fish & Chips

14
B- Cereal
L- Chicken Stir Fry With Brown Rice

15
B- Bagel and cream cheese
L- Hamburgers Fries

16
B- Muffins
L- Breakfast for Lunch

17
B- Pancake Wrap
L- Burritos



21
B- Cereal
L- Tomato Soup Cheesy Bread

22
B- Bagel and cream cheese
L- Enchiladas

23
B- Muffins
L- Spaghetti Garlic Bread

24
B- Breakfast Bar
L- Burrito Bowl



28
B- Cereal
L- Mac & Cheese W/W Roll

29
B- Bagel and cream cheese
L- Hamburgers Tater Tots

30
B- Muffins
L- Baked Potato Bar

