October 2017

Anansi Charter School





Each day a full salad bar is offered in addition to the menu items.

(V) Vegetarian Option

* Denotes menu item containing pork

16





Monday

Green Chili Cheeseburger Steamed Broccoli Fresh Fruit Choice of Milk (V) Black Bean Burger or Grilled Cheese

BBQ Chicken Drumstick WG Roll Mashed Potatoes Green Beans Choice of Milk

(V) Veggie Wrap

Navajo Taco Lettuce, tomato, onion Pinto beans Homemade Salsa Apple Choice of Milk (V) Navajo Taco, no meat

Green Chili Cheeseburger 23 Steamed Broccoli Fresh Fruit Choice of Milk (V) Black Bean burger

Cheeseburger Meatloaf WG Roll Mashed Potatoes & Gravy Green beans Fresh Fruit Choice of Milk (V) Grilled Cheese

Tuesday

Chicken Tacos Shredded Cabbage, Cilantro, & Lime WG Roll Pinto Beans Fresh Fruit Choice of Milk (V) Grilled Cheese

Frito Pie Lettuce, tomato, onion WG Roll Pinto Beans Fresh Fruit Choice of Milk (V) Frito Pie no meat

(V) Cheesy Baked Potato 47 Steamed Broccoli WG Roll Fresh Fruit Choice of Milk

Orange Chicken Brown Rice Mandarin Oranges Choice of Milk

Or Turkey Wrap

(V) Veggie Wrap

Steamed Broccoli

Turkey Dog **Sweet Potato Fries**

Fresh Fruit

Choice of Milk

(V) Veggie Wrap

Wednesday

Smothered Bean Burrito Calabacitas Fresh Fruit Choice of Milk (V) Bean & Cheese Burrito

Beef Stew Cornbread Mexican Corn Fresh fruit Choice of Milk

10

(V) Grilled Cheese

Chicken Strips WG Roll Mashed Potatoes Green Beans Fresh Fruit Choice of Milk (V) Veggie Nugget

Red Chile Enchiladas Spanish Rice Pinto Beans Fresh Fruit Choice of Milk (V) Cheese Enchilada Pasta Alfredo w/ Chicken & Spinach Garlic Breadstick Fresh Fruit Choice of Milk

Thursday

Orange Chicken

(V) Veggie Wrap

Oriental Veggies & Brown Rice Mandarin Oranges or Apple Choice of Milk

Garlic Breadstick

Steamed Broccoli

Choice of Milk

NO SCHOOL

Fruit Cup

18

Spaghetti & Meat Sauce

Pizza*

Salad

Fresh Fruit

OFFERED.

Choice of Milk

(V) Cheese Pizza

NO SCHOOL LUNCH

(V) Spaghetti w/ Mozzarella

TEACHER INSERVICE

NO SCHOOL

NO SCHOOL

FALL BREAK

PARENT TEACHER **CONFERENCES**

(V) Pasta Alfredo no Chicken





























