



LUNCH \$2.50, MILK \$.50 A LA CARTE

OCTOBER 2020

Tapestry Charter School Grades 5-12

ALTERNATIVE LUNCH CHOICES:

SALAD PLATTER
DELI SANDWICH OR WRAP
SNACK BAG

Monday

Tuesday

Wednesday

Thursday

Friday

5

Sweet and Sour Chicken
Steamed Brown Rice
Broccoli Florets
Fortune Cookie

12

NO SCHOOL
INDIGENOUS PEOPLE
DAY

19

BBQ Chicken Sandwich on
Wheat Kaiser Roll
Crinkle Cut French Fries
Cowboy Baked Beans

26

Sausage, Egg and Cheese
Breakfast Sandwich
Hash Brown Patty
100% Fruit Juice

6

Beef Taco Salad with Whole
Grain Tortilla Chips,
Tomatoes, Corn, Black
Beans, Salsa, Sour Cream
and Southwest Ranch

13

Grilled Chicken Fajitas with
Onions, Peppers and Cheese
Mexican Seasoned Rice
Cajun Black Beans

20

Toasted Turkey and Cheese
on Wheat Bagels
Zesty Tomato Soup
Dill Pickle Spears

27

Taco Pizza
Refried Beans with Salsa
Pineapple Tidbits

7

Chicken Parmesan Sandwich
on Whole Grain Roll
Hand-Cut Potato Wedges
Mixed Vegetable Medley

14

Buffalo Chicken Mac and
Cheese
Texas Toast
Roasted Baby Carrots

21

Chicken Finger Wraps in
Jalapeno Cheddar Tortillas
Baked Potato Chips
Carrot and Celery Sticks with
Hummus

28

Oven Baked Chicken
Homemade Mac and Cheese
Warm Biscuits with Butter
Glazed Carrot Coins

1

Beef Goulash
Garlic Breadstick
Green Beans

8

Handmade Pizza
Leafy Green Caesar Salad
Low-Fat Yogurt Cups

15

Pizza Pasta Bake
Whole Grain Dinner Roll with
Butter
Romaine Garden Salad

22

Beef Chili Con Carne
Whole Grain Corn Muffin
Tex-Mex Corn

29

Chicken Hoagie with Onions,
Peppers and Mozzarella
Sweet Potato Waffle Fries
Homestyle Baked Beans

2

MEALS AVAILABLE
FOR PICK-UP
111 GREAT ARROW
11 AM TO 1 PM

9

MEALS AVAILABLE
FOR PICK-UP
111 GREAT ARROW
11 AM TO 1 PM

16

MEALS AVAILABLE
FOR PICK-UP
111 GREAT ARROW
11 AM TO 1 PM

23

MEALS AVAILABLE
FOR PICK-UP
111 GREAT ARROW
11 AM TO 1 PM

30

MEALS AVAILABLE
FOR PICK-UP
111 GREAT ARROW
11 AM TO 1 PM

In accordance with federal law and the U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

Lunch price includes daily choice of: Fresh or canned fruit and 1% low-fat white or chocolate milk.

Menu is subject to change without notice.

Snack bags consist of one serving of each of the following components: Fruit, vegetable, grain, protein and dairy.

All bread, rice, pasta and breads served are whole grain rich.