



Lunch \$2.50, Milk \$.50 when purchased alone

OCTOBER 2019

Tapestry Charter School Grades 6-12

Alternative Lunch Choices:

High School: Salad Bar, Daily Specials
Middle School: Deli Sandwich, Salad Bar,
Vegetarian Snack Platter, PB& J Sandwich

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Hoagies
With Onions and Peppers
Tuscan Potato Medallions
Zesty Zucchini

2
Taco Pizza
Refried Beans
Baked Tostitos with Fresh
Salsa

3
Lemon Pepper Chicken
Organic Cous- Cous
Roasted Broccoli Florets

4
Mozzarella Pizza Burger
Oven Baked Fries
Corn on the Cob

7
Grilled Chicken Fajitas with
Peppers and Onions
Steamed Brown Rice
Caiun Beans

8
Sloppy Joes on Whole Grain
Kaiser Buns
Hand-Cut Potato Wedges
Green Beans

9
Chicken Finger Wraps
In Whole Grain Jalapeno
Cheddar Tortillas
Carrot Sticks with Hummus
Baked Lavs Chips

10
Baked Ziti with Meatballs
Leafy Green Tossed Salad
Whole Grain Texas Toast

11
Hot Turkey and Cheese on
Wheat Bagels
Homemade Tomato Soup
Dill Pickle Spears

14
Indigenous People Day
No School

15
Buffalo Foods Day!
Chicken Wings
Carrot and Celery Sticks with
Bleu Cheese Dip
Whole Grain Breadstick

16
Beef Goulash
Whole Grain Dinner Roll
California Blend Vegetables

17
Sweet and Sour Chicken
Steamed Long Grain Rice
Oriental Blend Vegetables
Fortune Cookies

18
Handmade Pizza
Caesar Salad
Assorted Yogurt Cups

21
Chicken and Root Vegetable
Stew
Honey Wheat Biscuits
Green Peas

22
Taco Tuesday!
Beef Tacos in Corn Tortillas
With All the Fixings
Mexican Rice
Sweet Kernel Corn

23
Hot Diggity Turkey Dog on
Pretzel Buns
Sweet Potato Gems
Rodeo Baked Beans

24
Chicken Broccoli Alfredo
Over Wheat Rotini
Romaine Garden Salad

25
Haddock Fish Sandwich on
Whole Grain Hoagie Rolls
Onion Rings
Creamy Cole Slaw

28
Beef Chili
Whole Grain Corn Muffin
Tex-Mex Corn

29
Grilled Chicken Fillet on
Whole Grain Sandwich Bun
Steak Fries
Garlic Green Beans

30
Assorted Deli Subs on
Costanzo Wheat Hoagie Rolls
Fresh Veggie Boats with Dip
Goldfish Crackers

31
Sausage, Egg and Cheese on
Whole Grain Buns
Hash Brown Patty
100% Fruit Juice
Yogurt

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.

Menu is subject to change without notice.

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

