



# Charter Lunch Menu

January 2018

**1** Happy New year

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*side items*

**2** **Rotini w/meatballs**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

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*side items*

**Fresh Fruit & Veg Bar**  
Red Pepper strips

**3** **General Tsao's Chicken w/fried rice**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

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*side items*

**Fresh Fruit & Veg Bar**  
Zucchini

**4** **4 Cheese Mac & cheese**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

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*side items*

**Fresh Fruit & Veg Bar**  
Charro beans

**5** **Pepper/beef calzone**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

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*side items*

**Fresh Fruit & Veg Bar**  
Garden salad

**8** **Fuel**  
**Lil' Italy Chicken Bowl**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

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**Fresh Fruit & Veg Bar**  
Roasted Zucchini

**9** **Beef & cheese Nachos**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Kickin Pinto beans

**10** **4 Cheese Mac & cheese**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Celery sticks

**11** **Roasted Turkey w/gravy & stuffing**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Local rst pot. Wedges

**12** **Chicken Frito Bowl**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Steamed broccoli

**15** MLK Jr. Day

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*side items*

**16** **Fuel**  
**Fish sticks w/mac & cheese**  
Chicken Salad BLT  
Tuna salad platter w/veg & pretzel

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**Fresh Fruit & Veg Bar**  
Green beans

**17** **Fuel**  
**Tex-mex popcorn chicken w/breadstick**  
Chicken Salad BLT  
Tuna salad platter w/veg & pretzel

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**Fresh Fruit & Veg Bar**  
Baked Fries

**18** **Fuel**  
**Cubano Flatbread sandwich**  
Chicken Salad BLT  
Tuna salad platter w/veg & pretzel

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**Fresh Fruit & Veg Bar**  
BBQ black beans

**19** **Fuel**  
**Chili Cheese Dog**  
Three cheese sub  
Tuna salad platter w/veg & pretzel

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**Fresh Fruit & Veg Bar**  
Spinach salad

**22** **Chicken Nuggets w/flatbread**  
Southwest chicken pinwheel  
Chicken Caesar salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Mashed potatoes

**23** **Rotini w/meatsauce**  
Southwest chicken pinwheel  
Chicken Caesar salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Green beans

**24** **Buffalo chicken sandwich**  
Southwest chicken pinwheel  
Chicken Caesar salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Carrot coins

**25** **Meatball Parmesan sub**  
Southwest chicken pinwheel  
Chicken Caesar salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Vegetable baked beans

**26** **General Tsao's Chicken w/rice**  
Southwest chicken pinwheel  
Chicken Caesar salad w/goldfish

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*side items*

**Fresh Fruit & Veg Bar**  
Spinach salad

**29** **Meatloaf &gravy w/a roll**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

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*side items*

**Fresh Fruit & Veg Bar**  
Seasoned Corn

**30** **Popcorn Chicken Bowl w/pretzel**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

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*side items*

**Fresh Fruit & Veg Bar**  
Chipotle Beans

**31** **Baked Pasta**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

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*side items*

**Fresh Fruit & Veg Bar**  
Sweet Potato fries

**1** **Tater bite Nachos w/tortillas**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

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*side items*

**Fresh Fruit & Veg Bar**  
Chipotle Beans

**2** **Chili Cheese Fries w/breadstick**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

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*side items*

**Fresh Fruit & Veg Bar**  
Steamed broccoli

Daily options include, chicken patty, burgers and pizza. Ala carte snacks can be purchased 50-1.50.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Make your server aware of any food allergies.



### January Fuel specials!

Popcorn chicken done different. Hot week 1 and a chicken po'boy week 2

Contact us:  
aramark@cpsed.net



**Lunch Prices:**  
Full pay 3.25, reduced .40 and milk .50

