



# Charter Lunch Menu

October 2017

**2** **Spaghetti & meatballs w/breadstick**  
Three cheese sub  
Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
Garden salad

**3** **Fish sticks w/mac & cheese**  
Three cheese sub  
Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
Green beans

**4** **Tex-mex popcorn chicken w/breadstick**  
Three cheese sub  
Tuna salad platter w/veg & pretzel

*side items*

**Fresh Fruit & Veg Bar**  
Roasted local potatoes

**5** **Chicken N' cheese griller**  
Three cheese sub  
Tuna salad platter w/veg & pretzel

*side items*

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

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

*side items*

**Fresh Fruit & Veg Bar**  
Spinach salad

**9** **Columbus Day Holiday**

*side items*

**10** **Rotini w/meatsauce**  
Bacon cheeseburger  
Ham & american sub  
Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
Green beans

**11** **Steak N' cheese griller**  
Ham & american sub  
Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
Local rst butternut

**12** **Meatball Parmesan sub**  
Ham & american sub  
Chicken Caesar salad w/goldfish

*side items*

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

**13** **General Tsao's Chicken w/rice**  
Ham & american sub  
Chicken Caesar salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
Spinach salad

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

*side items*

**Fresh Fruit & Veg Bar**  
Seasoned Corn

**17** **Popcorn Chicken Bowl w/pretzel**  
BBQ chicken Melt  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

*side items*

**Fresh Fruit & Veg Bar**  
Chipotle Beans

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

*side items*

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

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

*side items*

**Fresh Fruit & Veg Bar**  
Chipotle Beans

**20** **BBQ Chicken Calzone**  
Turkey sub w/L&T  
Ham Chef's Salad w/a roll

*side items*

**Fresh Fruit & Veg Bar**  
Steamed broccoli

**23** **Breaded mozzarella sticks w/marinara**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
Peas

**24** **Cajun meatball stew w/a roll**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

*side items*

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

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

*side items*

**Fresh Fruit & Veg Bar**  
Zucchini

**26** **4 Cheese Mac & cheese**  
Egg Salad sub  
Fruit, cheese & yogurt plate w/pretzel

*side items*

**Fresh Fruit & Veg Bar**  
Charro beans

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

*side items*

**Fresh Fruit & Veg Bar**  
Garden salad

**30** **Chili Cheese Dog**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
Roasted Zucchini

**31** **Halloween Country Chicken Bowl**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

*side items*

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

**1** **Chicken Tenders w/flatbread**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

*side items*

**Fresh Fruit & Veg Bar**  
Celery sticks

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

*side items*

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

**3** **Chicken Ranch BLT**  
Chicken caesar wrap  
Popcorn chicken salad w/goldfish

*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.



### Free/Reduced Applications

Free/reduced applications are due now. Available at CPSED.net or from your lunch cashier.

Contact us:  
aramark@cpsed.net



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

