

# Aug & Sept 2019

## Charlton Middle School DUDLEY CHARLTON REGIONAL SCHOOL DISTRICT LUNCH MENU



On line payments: [myschoolbucks.com](http://myschoolbucks.com)

Meals include: whole grains, 1% & low fat milk,  
Fresh, canned or dried fruit, 100% juice

Welcome Back to School

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK OF AUGUST 26</b>	27 Ham & Chz Croissant Swt Potato Fries Cucumber Wheels Assorted Fruit	28 Pancakes Sausage Patty Hash Browns Baked Apples	29 Pizza Day Popeye Salad Watermelon Cubes	30 <b>NO SCHOOL</b>
2 <b>NO SCHOOL</b>	3 BBQ Ribs Rice Pilaf Carrots Mandarin Oranges	4 Spaghetti & MtSauce Garden Salad WG Roll Mixed Fruit	5 Nachos & Cheese Chili Corn Pineapple	6 Pizza Day Caesar Salad Watermelon Cubes Choc Pudding
9 French Toast Sausage Patty Hash Browns Warm Cinn Apples	10 Hot Dog on a Bun Smile Fries Baked Beans Pears	11 Cheese Quesadillas Mexican Rice Corn Cantaloupe	12 Italian Flat Bread Sandie Lett / Tom / Chz / Pickle Baked Potato Chips Pineapple Cubes	13 Macaroni & Cheese Green Beans WG Roll Grapes
16 Chicken Nuggets Swt. Potato Fries Cucumber Wheels Mixed Fruit	17 Taco Tuesday Let / Tomato / Chz Salsa & Sour Cream Pineapple	18 Chicken Parm Sub Cali Blend Veggies Baked Chips Watermelon	19 Grilled Cheese Tomato Soup Veggie Sticks Oranges	20 Pizza Day Garden Salad Pears
23 Meatball Sub Broccoli Florets Apples Baked Potato Chips	24 Chicken Dippers Potato Wedges Asian Blend Veggies Peaches	25 Shepherd's Pie Cali Blend Veggies WG Roll Bananas	26 Lasagna Roll Ups WG Roll Tossed Salad Pears	27 Taco Pizza Salsa & Sour Cream Corn Oranges
30				

School Lunch  
Price \$2.90  
Reduced Lunch  
Price \$.40  
School Breakfast  
Price \$1.50  
Reduce Breakfast  
Price \$.30

Alternative options served daily, please check with school cafeteria for menu.

\*All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010.

\*Free/Reduced lunch applications may be submitted at any time throughout the school year.

Food allergies must be documented with the school nurse and the Food Service Director.

Menus are subject to change without notice due to item availability.