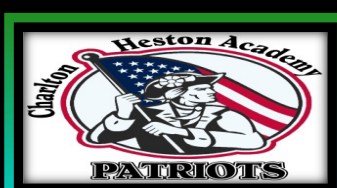


CHARLTON HESTON 3 YR BREAKFAST

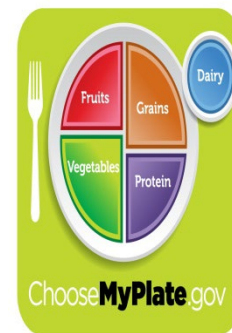


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least 1/2 cup of fruit or vegetable to make it a meal

Menu Subject to change.



Choose **MyPlate**.gov

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------|---------------------------------|---------------------------|---------------------------------|--------------|
| DEC 2 ND -6 TH | CEREAL FRUIT MILK | BAGEL FRUIT MILK | PANCAKES FRUIT MILK | OATMEAL BAR FRUIT MILK | NO SCHOOL |
| DEC 9 TH -13 TH | MUFFIN FRUIT MILK | YOGURT CRACKER FRUIT/MILK | CEREAL FRUIT MILK | BANANA BREAD FRUIT/MILK | NO SCHOOL |
| DEC 16 TH -20 TH | CEREAL FRUIT MILK | BAGEL PB FRUIT MILK | PANCAKES FRUIT MILK | OATMEAL BAR FRUIT MILK | NO SCHOOL |
| | | | | | |

CHARLTON HESTON 3 YR LUNCH

Daily Milk Choices:
1% AND FAT FREE WHITE

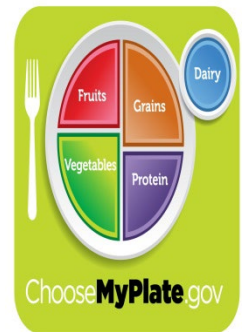
1% CHOCOLATE

Students are encouraged to try the daily fruits and vegetables offered.

WE OFFER A FRESH FRUIT AND VEGETABLE EVERY DAY

SECOND CHOICE OFFERED

MENU SUBJECT TO CHANGE



| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|-----------|
| DEC 2 ND -6 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | GRILL CHEESE BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | NO SCHOOL |
| DEC 9 TH -13 TH | CHICKEN STRIPS MASHED CORN FRUIT MILK | MAC N CHEESE GREEN BEAN FRUIT MILK | PIZZA SIDE SALAD CARROTS FRUIT MILK | NACHOS REFRIED BEANS LET/TOM FRUIT MILK | NO SCHOOL |
| DEC 16 TH -20 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | GRILLED CHEESE BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | NO SCHOOL |
| | | | | | |



CHA Patriots Café PRE K BREAKFAST

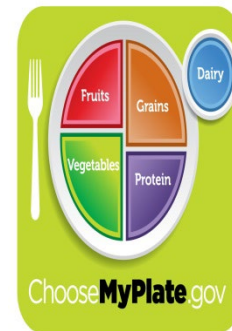


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal

Menu Subject to change.



| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------|---------------------------------|---------------------------|---------------------------------|--------------|
| DEC 2 ND -6 TH | CEREAL FRUIT MILK | BAGEL FRUIT MILK | PANCAKES FRUIT MILK | OATMEAL BAR FRUIT MILK | NO SCHOOL |
| DEC 9 TH -13 TH | MUFFIN FRUIT MILK | YOGURT CRACKER FRUIT/MILK | CEREAL FRUIT MILK | BANANA BREAD FRUIT/MILK | NO SCHOOL |
| DEC 16 TH -20 TH | CEREAL FRUIT MILK | BAGEL PB FRUIT MILK | PANCAKES FRUIT MILK | OATMEAL BAR FRUIT MILK | NO SCHOOL |
| | | | | | |



CHA Patriots Café

PRE K

Lunch

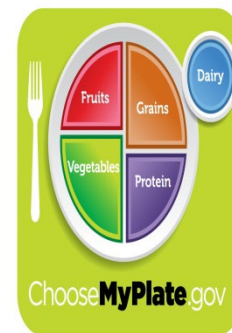


Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least 1/2 cup of fruit or vegetable to make it a meal

Menu Subject to change.



| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|-----------|
| DEC 2 ND -6 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | GRILLED CHEESE BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | NO SCHOOL |
| DEC 9 TH -13 TH | CHICKEN STRIPS ROLL MASHED CORN FRUIT MILK | MAC N CHEESE GREEN BEAN GARLIC KNOT FRUIT MILK | BAKED POTATO BAR ASSORTED VEGGIES FRUIT MILK | NACHOS REFRIED BEANS LET/TOM FRUIT MILK | NO SCHOOL |
| DEC 16 TH -20 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | GRILLED CHEESE BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | NO SCHOOL |
| | | | | | |

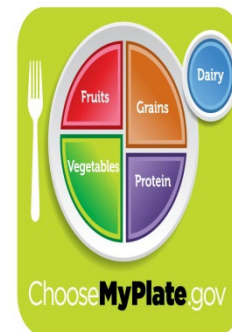
CHA Patriots Café K-12 Breakfast



Daily Milk Choices:
1% white milk &
Skim fat free chocolate

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal

Menu Subject to change.



| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|-------------------------|-------------------------------|---------------------------|---------------------------------|---------------------------------|
| DEC 2 ND -6 TH | MUFFIN FRUIT MILK | CHEFS CHOICE FRUIT/MILK | CEREAL FRUIT MILK | BANANA BREAD FRUIT/MILK | COCO CHERRY FRUIT MILK |
| DEC 9 TH -13 TH | CEREAL FRUIT MILK | BAGEL FRUIT MILK | PANCAKES FRUIT MILK | OATMEAL BAR FRUIT MILK | UBER COOKIE FRUIT MILK |
| DEC 16 TH -20 TH | MUFFIN FRUIT MILK | CHEFS CHOICE FRUIT/MILK | CEREAL FRUIT MILK | BANANA BREAD FRUIT/MILK | COCO CHERRY FRUIT MILK |
| | | | | | |
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CHA Patriots Café

K-8

LUNCH



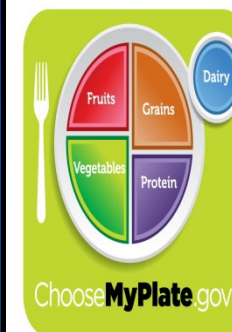
Daily Milk Choices:

Skim fat free

Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal

Menu Subject to change.

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|--------------------------------------|
| DEC 2 ND -6 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | CORN DOGS BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| DEC 9 TH -13 TH | CHICKEN STRIPS ROLL MASHED CORN FRUIT MILK | MAC N CHEESE GREEN BEAN GARLIC KNOT FRUIT MILK | BAKED POTATO BAR ASSORTED VEGGIES FRUIT MILK | NACHOS REFRIED BEANS LET/TOM FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| DEC 16 TH -20 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | CORN DOGS BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| | | | | | |



CHA Patriots Café

9-12

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|--------------------------------------|
| DEC 2 ND -6 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | CORN DOGS BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| DEC 9 TH -13 TH | CHICKEN STRIPS ROLL MASHED CORN FRUIT MILK | MAC N CHEESE GREEN BEAN GARLIC KNOT FRUIT MILK | BAKED POTATO BAR ASSORTED VEGGIES FRUIT MILK | NACHOS REFRIED BEANS LET/TOM FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| DEC 16 TH - 20 TH | PASTA AND MEAT SAUCE GREEN BEAN ROLL FRUIT MILK | CHIX SAND CARROTS FRUIT MILK | CORN DOGS BAKED BEANS ROLL FRUIT MILK | WAFFLES TOTS SAUSAGE FRUIT MILK | PIZZA SIDE SALAD FRUIT MILK |
| | | | | | |

Daily Milk Choices:
1% AND FAT FREE WHITE

1% CHOCOLATE

Students are encouraged to try the daily fruits and vegetables offered.

WE OFFER A FRESH FRUIT AND VEGETABLE EVERY DAY

SECOND CHOICE OFFERED

MENU SUBJECT TO CHANGE

