

CHARLTON HESTON 3 YR BREAKFAST

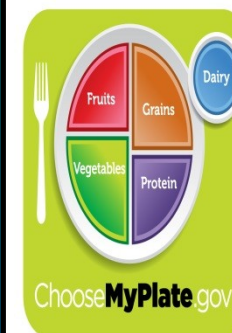


Daily Milk Choices:

Skim fat free

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

Menu Subject to change.



Choose **MyPlate**.gov

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3 RD -7 TH	APPLE MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	CHEERIOS FRUIT MILK	BANANA BREAD FRUIT/MILK	WAFFLES FRUIT MILK
FEB 10 TH -13 TH	CHEERIOS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL FRUIT MILK	YOGURT FRUIT MILK
FEB 19 TH -21 ^S T	NO SCHOOL	YOGURT CRACKER FRUIT/MILK	CHEERIOS FRUIT MILK	BANANA BREAD FRUIT/MILK	WAFFLES FRUIT MILK
FEB 24 TH -28 TH	CHEERIOS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL FRUIT MILK	YOGURT FRUIT MILK



CHARLTON HESTON PRE K BREAKFAST

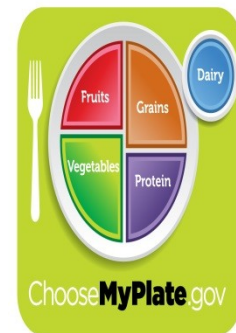


**Daily Milk
Choices:**

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.



Choose **MyPlate**.gov

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3 RD -7 TH	APPLE MUFFIN FRUIT MILK	YOGURT CRACKER FRUIT/MILK	CHEERIOS FRUIT MILK	BANANA BREAD FRUIT/MILK	NO SCHOOL
FEB 10 TH -13 TH	CHEERIOS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL FRUIT MILK	NO SCHOOL
FEB 19 TH -21 ^S T	NO SCHOOL	YOGURT CRACKER FRUIT/MILK	CHEERIOS FRUIT MILK	BANANA BREAD FRUIT/MILK	NO SCHOOL
FEB 24 TH -28 TH	CHEERIOS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	OATMEAL FRUIT MILK	NO SCHOOL

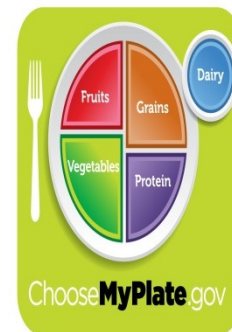
CHA Patriots Café K-12 Breakfast



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
FEB 3 RD -7 TH	MUFFIN FRUIT MILK	YOGURT GRANOLA FRUIT MILK	CEREAL CHEESE FRUIT MILK	BANANA BREAD FRUIT MILK	WAFFLES FRUIT MILK
FEB 10 TH -13 TH	FRUDELS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	SMOOTHIE GRAM FRUIT MILK	NO SCHOOL
FEB 19 TH -21 ST	NO SCHOOL	YOGURT GRANOLA FRUIT MILK	CEREAL CHEESE FRUIT MILK	BANANA BREAD FRUIT MILK	WAFFLES FRUIT MILK
FEB 24 TH -28 TH	FRUDELS FRUIT MILK	BAGEL FRUIT MILK	PANCAKES FRUIT MILK	SMOOTHIE GRAM FRUIT MILK	DONUTS FRUIT MILK

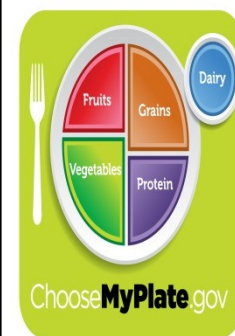
CHARLTON HESTON 3 YR LUNCH

Daily Milk
Choices: D FAT
FREE WHITE

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

WE OFFER A FRESH FRUIT AND VEGETABLE EVERY DAY

MENU SUBJECT TO CHANGE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3 RD -7 TH	CHIX STRIPS MASHED CORN FRUIT MILK	PIZZA SALAD FRUIT MILK	PULLED PORK BUN GREEN BEANS FRUIT MILK	PASTA WITH MEATSAUCE CARROTS FRUIT MILK	GRILLED CHEESE BAKED BEANS FRUIT MILK
FEB 10 TH -13 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE BROC FRUIT MILK	NO SCHOOL
FEB 19 TH -21 ST	No school	PIZZA SALAD FRUIT MILK	PULLED PORK BUN GREEN BEANS FRUIT MILK	PASTA WITH MEATSAUCE CARROTS FRUIT MILK	GRILLED CHEESE BAKED BEANS FRUIT MILK
FEB 24 TH -28 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE BROC FRUIT MILK	RAVIOLI GREEN BEANS FRUIT MILK



CHA Patriots Café

PRE K

Lunch

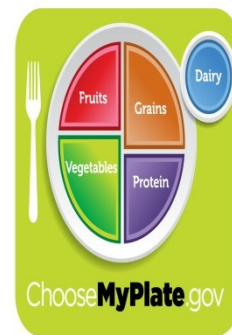


Daily Milk Choices:

Skim fat free

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

Menu Subject to change.



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3 RD -7 TH	CHIX STRIPS MASHED CORN FRUIT MILK	PIZZA SALAD FRUIT MILK	PULLED PORK BUN GREEN BEANS FRUIT MILK	PASTA WITH MEATSAUCE CARROTS FRUIT MILK	NO SCHOOL
FEB 10 TH -13 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE BROC FRUIT MILK	NO SCHOOL
FEB 19 TH -21 ^S T	No school	PIZZA SALAD FRUIT MILK	PULLED PORK BUN GREEN BEANS FRUIT MILK	PASTA WITH MEATSAUCE CARROTS FRUIT MILK	NO SCHOOL
FEB 24 TH -28 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE BROC FRUIT MILK	NO SCHOOL



CHA Patriots Café

K-8

LUNCH

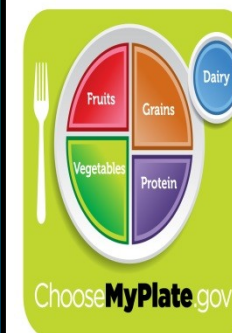


Daily Milk Choices:

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
FEB 3 RD -7 TH	CHIX STRIPS MASHED CORN FRUIT MILK	HOT DOGS BUN BAKED BEANS CHIPS FRUIT MILK	PULLED PORK BUN GREEN BEANS COSLAW FRUIT MILK	PASTA WITH MEATSAUCE GARLIC STIX CARROTS FRUIT MILK	PIZZA SALAD FRUIT MILK
FEB 10 TH -13 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE ROLL BROC FRUIT MILK	No School
FEB 19 TH -21 ^S T	No school	HOT DOGS BUN BAKED BEANS CHIPS FRUIT MILK	PULLED PORK BUN GREEN BEANS COSLAW FRUIT MILK	PASTA WITH MEATSAUCE GARLIC STIX CARROTS FRUIT MILK	PIZZA SALAD FRUIT MILK
FEB 24 TH -28 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE ROLL BROC FRUIT MILK	PIZZA SALAD FRUIT MILK

CHA Patriots Café

9-12

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEB 3 RD -7 TH	CHIX STRIPS MASHED CORN FRUIT MILK	HOT DOGS BUN BAKED BEANS CHIPS FRUIT MILK	PULLED PORK BUN GREEN BEANS COSLAW FRUIT MILK	PASTA WITH MEATSAUCE GARLIC STIX CARROTS FRUIT MILK	PIZZA SALAD FRUIT MILK
FEB 10 TH -13 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE ROLL BROC FRUIT MILK	No School
FEB 19 TH -21 ST	No school	HOT DOGS BUN BAKED BEANS CHIPS FRUIT MILK	PULLED PORK BUN GREEN BEANS COSLAW FRUIT MILK	PASTA WITH MEATSAUCE GARLIC STIX CARROTS FRUIT MILK	PIZZA SALAD FRUIT MILK
FEB 24 TH -28 TH	TACOS REFRIED BEANS LET,TOM FRUIT MILK	BOSCO STICKS MARINARA SALAD FRUIT MILK	HAMBURGERS BUN WAFFLE FRIES FRUIT MILK	MAC N CHEESE ROLL BROC FRUIT MILK	PIZZA 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

