## **Breakthrough Charter School Lunch SY 22-23 Grade 9-12**

## **April 2023** Breakthrough Charter School Lunch SY 22-23 Grade 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Entree	Entree	Entree	Entree	Entree
Wowbutter, String Cheese,	Wowbutter, String Cheese,	Wowbutter, String Cheese,	Wowbutter, String Cheese,	Wowbutter, String Cheese
Crackers	Crackers	Crackers	Crackers	Crackers
Egg and Cheese on a	Cheeseburger on a WG	Turkey and Cheese	Turkey Dog on a Bun	Cheese Pizza WG
Biscuit and Yogurt	Bun	Sandwich	Vegetables	Vegetables
Vegetables	Vegetables	Vegetables	Baby Carrots	Celery Sticks
Corn	Romaine Lettuce	Broccoli	Baked Beans	,
Fruit	Sliced Tomato	Baby Carrots	Fruit	Fruit
Fresh Apple Slices	Fruit	Fruit	Fresh Orange	Applesauce
	Fresh Banana	Pineapple Tidbits	, and the second	Desserts
Milk	Mills	Mills	Milk	Chocolate Muffin WG
Fat Free Chocolate Milk	Milk	Milk	1% Milk	Milk
1% Milk	1% Milk Fat Free Chocolate Milk	1% Milk Fat Free Chocolate Milk	Fat Free Chocolate Milk	1% Milk
Misc.			Misc.	Fat Free Chocolate Milk
Ketchup	Misc.	Misc.	Mustard	Mine
Hot Sauce	Ketchup	Ranch Dressing	Ketchup	Misc.
	Mayonnaise Packet  Mustard	Mustard		Ranch Dressing
	Ranch Dressing	Mayonnaise Packet		
10	11	12	13	14
Entree	Entree	Entree	Entree	Entree
Chicken Enchilada WG	Wowbutter, String Cheese,	Wowbutter, String Cheese,	Wowbutter, String Cheese,	Wowbutter, String Cheese
Empanada Wowbutter, String Cheese,	Crackers Turkey and Cheese	Crackers WG Chicken Chunks	Crackers WG Bosco Sticks	Crackers Pulled Pork on a WG Bun
Crackers	Sandwich			
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
_		Baked Beans	Marinara Sauce	Baby Carrots
Corn	Romaine Lettuce Sliced Tomato	Fruit	Celery Sticks	Broccoli
Fruit		Pineapple Tidbits	Fruit	Fruit
Fresh Apple Slices	Fruit	Grains	Fresh Orange	Applesauce
Milk	Fresh Banana	Sliced Bread	Milk	Desserts
1% Milk	Milk	Sliced Dread	1% Milk	Chocolate Muffin WG
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Milk	Fat Free Chocolate Milk	
Misc.	1% Milk	1% Milk	Misc.	Milk
Hot Sauce	Misc.	Fat Free Chocolate Milk	Ranch Dressing	1% Milk Fat Free Chocolate Milk
HOL Sauce	Mayonnaise Packet	Misc.	ranch bressing	rat riee Chocolate WIIK
	Mustard	Ketchup		Misc.
		Ranch Dressing		Ranch Dressing
				BBQ Sauce
17	18	19	20	21
Entree	Entree	Entree	Entree	Entree
WG Corn Dog	Wowbutter, String Cheese,	WG Burrito	Wowbutter, String Cheese,	Wowbutter, String Cheese
Corn Dog & Animal	Crackers	Wowbutter, String Cheese,	Crackers	Crackers
Crackers	Chicken Patty on a WG	Crackers	Meatball Sub	Cheese Pizza WG
Wowbutter, String Cheese,	Bun w/ Cheese	Vegetab <b>l</b> es	Vegetables	Vegetables
Crackers	Vegetables	4egetables	4egetables	vegetables

## Health-e Pro Menu Planning

23, 3:28 PM	l	Health-e Pro Me		
Vegetables	Romaine Lettuce Sliced Tomato	Corn	Baby Carrots Broccoli	Celery Sticks
Baked Beans		Fruit		Fruit
Fruit	Fruit	Pineapple Tidbits	Fruit	Applesauce
Fresh Apple Slices	Fresh Banana	Milk	Fresh Orange	Grains
Milk 1% Milk Fat Free Chocolate Milk	<b>Milk</b> 1% Milk Fat Free Chocolate Milk	1% Milk Fat Free Chocolate Milk  Misc.	Milk  1% Milk  Fat Free Chocolate Milk	Goldfish Crackers  Desserts  Chocolate Muffin WG
<b>Misc.</b> Mustard Ranch Dressing Ketchup	<b>Misc.</b> Ranch Dressing Ketchup Mayonnaise Packet	Hot Sauce	<b>Misc.</b> Ranch Dressing	Milk  1% Milk  Fat Free Chocolate Milk  Misc.  Ranch Dressing
24 Centree	25 Centree	26 Entree	27 Centree	28 Entree
Wowbutter, String Cheese, Crackers Egg and Cheese on a Biscuit and Yogurt	Wowbutter, String Cheese, Crackers Cheeseburger on a WG Bun	Wowbutter, String Cheese, Crackers Turkey and Cheese Sandwich	Wowbutter, String Cheese, Crackers Turkey Dog on a Bun	Wowbutter, String Cheese Crackers Cheese Pizza WG
Vegetables Corn Fruit Fresh Apple Slices Milk Fat Free Chocolate Milk 1% Milk Misc. Ketchup Hot Sauce	Vegetables Romaine Lettuce Sliced Tomato  Fruit Fresh Banana  Milk  1% Milk Fat Free Chocolate Milk  Misc.  Ketchup Mayonnaise Packet Mustard Ranch Dressing	Vegetables Broccoli Baby Carrots  Fruit Pineapple Tidbits  Milk  1% Milk Fat Free Chocolate Milk  Misc.  Ranch Dressing Mustard Mayonnaise Packet	Vegetables Baby Carrots Baked Beans Fruit Fresh Orange Milk 1% Milk Fat Free Chocolate Milk Misc. Mustard Ketchup	Vegetables Celery Sticks Fruit Applesauce Desserts Chocolate Muffin WG Milk 1% Milk Fat Free Chocolate Milk Misc. Ranch Dressing

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