

Palouse Prairie Charter School Lunch Menu

April 2019



Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
Chicken Nuggets Carrot + Celery Sticks w/ dip Fresh Fruit Milk choices		Hamburger or Cheeseburger w/lettuce + pickle Baked beans Apple Slices Milk choices		Very Berry Chicken Salad Bar including: Baked, Seasoned Chicken Breast, Strawberry Spinach salad, sunflower seeds, dried cranberries Cheese Breadstick Milk choices		Fish Sticks Potato Wedges Coleslaw Orange Slices Milk choices		No School	
8		9		10		11		12	
Pepperoni Pizza Sticks Fresh Fruit Tossed Green Salad + Dressing Milk choices		Turkey + Cheese Sub Sandwich w lettuce + tomato Fresh Vegetables w/dip Gobonzo's It's a pizza Chilled fruit Milk choices		Chef Salad- Salad Bar Deli meat + cheeses Assorted fresh vegetables Sunflower seeds Breadstick Fresh Fruit Milk Choices		Creamy Mac + Cheese Green Peas + Red Pepper Strips Fresh Pear Slices Fresh Baked Roll Milk Choices		Corndog Apple Slices Steamed mixed vegetables Milk Choices	
15		16		17		18		19	
French Toast Sticks Egg or Sausage Patty Applesauce Cucumber slices Milk choices		Grilled Cheese Sandwich + Tomato Soup Steamed broccoli + Cauliflower w/dip Fresh Washington Pear Milk choices		Taco Salad Bar with Seasoned beef, cheddar cheese, salad greens, carrots, tomatoes, tortilla chips Seasoned pinto beans Fresh Fruit Milk choices		Chicken drumstick Roasted potatoes Steamed carrots Apple Slices Fresh Baked roll Milk choices		Cheese Pizza Tossed Green Salad w/dressing Fresh Fruit Milk choices	
22		23		24		25		26	
Hot dog on bun (turkey) Twisted Baked Potato Fresh Snap Peas Apple Slices Milk choices		Tangerine Chicken + brown rice Steamed broccoli Pineapple tidbits Fortune Cookie Milk choices		Gyro Salad Bar with Seasoned beef, Mozzarella cheese, fresh greens and vegetables Tzatziki (Greek Yogurt Sauce), Pita bread Fresh Fruit pudding Milk choices		Farmer's Harvest Chili Cornbread Fresh Strawberries Carrots Milk choices		Cheese Pizza Pull-Apart Fresh Veggies + Hummus Fresh Fruit Milk choices	
29		30		<p style="text-align: center; color: green;">Menus are subject to change based on product availability. A selection of milk including fat free chocolate, fat free + 1% white is offered daily. A vegetarian option is available every day. The alternative to the main entrée item is a peanut butter sandwich and yogurt.</p> <p style="text-align: center;">Sausage on the menu The sausage on the pizza is a chicken/beef blend.</p>					
Hamburger or Cheeseburger w/lettuce + pickle Baked beans Apple Slices Milk choices		Turkey + Cheese flatbread sandwich Cherry tomatoes, cucumbers, celery, cauliflower + dip Fresh Washington Pears Milk choices							
Average		Weekly Target		% of Target		Average		Weekly Target	
Calories 648 Sodium 1099mg		600-650 < 1230 mg		100		Saturated Fat 5.99g		< 10.00 % 8.3 %	