



# OCTOBER

## GIRLS GLOBAL CHARTER HIGH SCHOOL

### Breakfast Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> WW Red Rabbit O's WW Mini Bagel  Bananas 1% & Fat-Free Milk	<b>1</b> WW Mini Bagel w/ Cream Cheese Red Rabbit O's  Grapes 1% & Fat-Free Milk	<b>2</b> WW Baked Oat Bar Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>3</b> WW Zucchini Bread Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>4</b> Yogurt w/ Granola & Fruit Compote Red Rabbit O's  Grapes 1% & Fat-Free Milk
<b>7</b> WW Red Rabbit O's WW Mini Bagel  Bananas 1% & Fat-Free Milk	<b>8</b> Vanilla Yogurt & Granola Red Rabbit O's  Grapes 1% & fat-free milk	<b>9</b> Blueberry WW Mini Bagel & Strawberry Cream Cheese Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>10</b> Cranberry Bread Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>11</b> Blueberry Oats Bars Red Rabbit O's  Grapes 1% & Fat-Free Milk
<b>14</b>  School Closed	<b>15</b> French Toast Casserole Red Rabbit O's  Grapes 1% & Fat-Free Milk	<b>16</b> Red Rabbit O's WW Mini Bagel  Pears 1% & Fat-Free Milk	<b>17</b> Cinnamon Brown Sugar Oats Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>18</b> Pumpkin Muffin Red Rabbit O's  Grapes 1% & Fat-Free Milk
<b>21</b> Muffin Red Rabbit O's  Bananas 1% & Fat-Free Milk	<b>22</b> Red Rabbit O's WW Mini Bagel  Grapes 1% & Fat-Free Milk	<b>23</b> Yogurt & Granola Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>24</b> WW Mini Bagel w/ Butter & Jelly Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>25</b> Breakfast Pudding Red Rabbit O's  Grapes 1% & Fat-Free Milk
<b>28</b> Cinnamon Raisin WW Mini Bagel w/ Cream Cheese Red Rabbit O's  Bananas 1% & Fat-Free Milk	<b>29</b> Yogurt & Granola Red Rabbit O's  Grapes 1% & fat-free milk	<b>30</b> WW Mini Bagel w/ Cream Cheese & Jelly Red Rabbit O's  Pears 1% & Fat-Free Milk	<b>31</b> Blueberry Baked Oats Red Rabbit O's  Apples 1% & Fat-Free Milk	<b>1</b> Banana or Pumpkin Bread Red Rabbit O's  Grapes 1% & Fat-Free Milk



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# Lunch Menu

\*Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Vegetable & Lentil Stew WG Seasoned Rice  Carrots Kachumber Salad Cucumber & Buttermilk Sauce  Peaches 1% & Fat-Free Milk	<b>1</b> Grilled Chicken Sub Sandwich WG Baguette  Pickled Cucumbers Roasted Broccoli  Oranges 1% & Fat-Free Milk	<b>2</b> WG Spinach Pasta Salad w/ Chickpeas  Sugar Snap Peas Roasted Red Peppers  Bananas 1% & Fat-Free Milk	<b>3</b> Mambo Chicken Quinoa  Sautéed Kale Sweet Potatoes  Oranges & Mandarins 1% & Fat-Free Milk	<b>4</b> Chicken Taco Bowl Brown Rice  Black Beans Fresh Salsa Tortilla Chips  Plums 1% & Fat-Free Milk
<b>7</b> WG Baked Ziti Ricotta & Mozzarella  Garlic Green Beans WG Dinner Roll  Peaches 1% & Fat-Free Milk	<b>8</b> Sweet Chicken w/ Pineapple Brown Rice  Cabbage Slaw Cucumber Salad  Oranges 1% & Fat-Free Milk	<b>9</b> 3 Bean Salad Red, Black & Pink Beans  WG Pita Chips Tomatoes w/ Basil Spinach  Bananas 1% & Fat-Free Milk	<b>10</b> Bulgogi Beef w/ WG Noodles  Green Peas  Oranges & Mandarins 1% & Fat-Free Milk	<b>11</b> Curry Chicken w/ Naan Jasmine Rice  Roasted Broccoli Red Kidney Beans  Plums 1% & Fat-Free Milk
<b>14</b>  School Closed	<b>15</b> Beef & Broccoli WG Rice  Water Chestnuts Sautéed Broccoli  Oranges 1% & Fat-Free Milk	<b>16</b> Kale Salad w/ Citrus Dressing Crispy Chickpeas WG Roll  Tossed Kale Grape Tomatoes  Bananas 1% & Fat-Free Milk	<b>17</b> Chicken Fajitas WG Tortillas  Onions & Peppers Refried Beans Cheese & Sour Cream  Oranges & Mandarins 1% & Fat-Free Milk	<b>18</b> Homestyle Meatloaf WG Dinner Roll  Asparagus Mashed Potatoes  Plums 1% & Fat-Free Milk
<b>21</b> Garbanzo Beans w/ WG Rice Pilaf  Corn Tomato Salsa  Peaches 1% & Fat-Free Milk	<b>22</b> Beef Bolognese WG Spaghetti  Green Peas Roasted Mushrooms  Oranges 1% & Fat-Free Milk	<b>23</b> Chicken Salad WG Dinner Rolls  Mesclun Mix Assorted Peppers White Bean w/ Dressing  Bananas 1% & Fat-Free Milk	<b>24</b> Beef Stroganoff WG Noodles  Roasted Carrots Spring Mix  Oranges 1% & Fat-Free Milk	<b>25</b> Turkey Sloppy Jane WG Ciabatta Bread  Roasted Potatoes Baby Carrots  Plums 1% & Fat-Free Milk
<b>28</b> WG Three Cheese Mac & Cheese Mozzarella, Parmesan, Cheddar  Sautéed Spinach  Apples 1% & Fat-Free Milk	<b>29</b> Chicken Schwarma WG Pita Bread  Cucumber, Tomato Salad Homemade Tzatziki & Spring Mix  Plums 1% & Fat-Free Milk	<b>30</b> WG Pasta Primavera Roasted Chickpeas  Roasted Squash Roasted Red Peppers  Apples 1% & Fat-Free Milk	<b>31</b> Beef Picadillo WG Rice  Yellow Plantains Black Beans  Pineapple 1% & Fat-Free Milk	<b>1</b>