



a college prep charter school

BART SEPTEMBER 2019

DAILY MENU

Daily Breakfast Choices:

- assorted cereals, muffins, bagels & breads
- assorted whole, sliced, dried & fruit juice

Monday

No School Today

Tuesday

Cheese Or Peperoni Primo
Pizza
Tossed Salad
Sliced Pears

Wednesday

Toasted Ham and Cheese
Croissant
Potato Puffs
Sliced Watermelon

Thursday

Chicken Patty Sandwich
Seasoned Carrots
Sliced Strawberries

Friday

Beef and Cheese Nachos
Garden Peas
Sliced Peaches

Chicken Tacos
Corn Bread
Seasoned Corn
Mixed Fruit Cup

Beef and Cheese Quesadillas
Seasoned Carrots
Sliced Pineapple

Macaroni and Cheese
Dinner Roll
Caprese Salad
Red Grapes



Meatball Grinder
Seasoned Green Beans
Sliced Honeydew

Chicken Tenders
Tossed Salad
Blueberries
Cookie

Tangerine Chicken
Rice Pilaf
Oriental Vegetables
Mandarin Oranges

Beef and Cheese Nachos
Garden Peas
Sliced Peaches

Chicken Patty Sandwich
Seasoned Carrots
Sliced Strawberries

Toasted Ham and Cheese
Croissant
Potato Puffs
Sliced Watermelon

No School Today

Chicken Tacos
Corn Bread
Seasoned Corn
Mixed Fruit Cup

Meatball Grinder
Seasoned Green Beans
Sliced Honeydew

Chicken Tenders
Tossed Salad
Blueberries
Cookie

Beef and Cheese Quesadillas
Seasoned Carrots
Sliced Pineapple

Macaroni and Cheese
Dinner Roll
Caprese Salad
Red Grapes



Chicken Patty Sandwich
Seasoned Carrots
Sliced Strawberries

Milk choices:
Strawberry, Fat free
chocolate, Skim & 1%.

M, W, F lunch alternatives: pizza or assorted sandwiches
Tu, Th lunch alternatives: ham and cheese croissant or assorted sandwiches

To contact the Food Service Department, call 413-743-7314

**Free Meals for
all students!**

