

DECEMBER 2017

Henderson Collegiate Charter School

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast:
Apple Frudel **4**

Lunch:
Sweet and Sour Chicken w/ rice
Marinated Tomatoes
Salad

Breakfast:
Cinnamon Roll **5**

Lunch:
Hamburger w/ cheese
Sweet Potatoes
Salad

Breakfast:
Maple Pancakes **6**

Lunch:
Turkey w/ WG tortilla chips
Tomato Salsa
Salad

Breakfast:
Banana Muffin **7**

Lunch:
Ribeque Sandwich
Boiled Potatoes
Salad

Breakfast:
Boiled Egg w/
Doughnut Holes **1**

Lunch:
Turkey & Cheese Sandwich
Carrot Sticks

Breakfast:
Yogurt w/ granola **8**

Lunch:
Peanut Butter & Banana Sandwich
Celery Sticks

Breakfast:
Yogurt w/ granola **11**

Lunch:
Chicken Fajita w/ WG Tortilla Wrap
Tomato Salsa
Salad

Breakfast:
Maple Pancakes **12**

Lunch:
Pizza
Carrot Sticks
Salad

Breakfast:
Sausage Biscuit **13**

Lunch:
Jerk Chicken w/ rice
Green Peas
Salad

Breakfast:
French Toast **14**

Lunch:
Fish Patty
Pinto Beans
Salad

Breakfast:
Cereal Bar **15**

Lunch:
Peanut Butter & Strawberry Jelly
Sandwich
Carrot Sticks

18
Winter Break

19
Winter Break

20
Winter Break

21
Winter Break

22
Winter Break

25
Winter Break

26
Winter Break

27
Winter Break

28
Winter Break

29
Winter Break

Additional Daily Menu Items:

- Salad: caesar, spring mix, or green. Salad vary on product availability
- Milk: 1%, fat-free: regular, chocolate, or strawberry
- Fruit: banana, pear, apple or oranges.

Questions, comments or concern? Contact Preston Jackson, RD at pjackson@hendersoncollegiate.org