

MAY 2018

Henderson Collegiate Charter School

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast:
Cereal

1

Lunch:
Fiesta Taco w/ Shells
Salsa and Salad

Breakfast:
Waffles

2

Lunch:
Pizza
Spinach and Salad

Breakfast:
Super Donut

3

Lunch:
Ribeque
Carrots and Salad

Breakfast:
Crunchmania

4

Lunch:
Turkey Ham and Cheese Sandwich
Carrot Sticks

Breakfast:
Yogurt w/ Granola

7

Lunch:
Diced Chicken w/ Rice (4-11)
Chicken Nuggets (K-1)
Peppers, Onions and Salad

Breakfast:
Cereal

8

Lunch:
Pizza
Spinach and Salad

Breakfast:
Pancakes

9

Lunch:
Pasta w/ meat sauce
Carrots and Salad

Breakfast:
Super Donut

10

Lunch:
Corn dog
Pinto Beans and Salad

Breakfast:
Crunchmania

11

Lunch:
PB&J
Celery Sticks

Breakfast:
Yogurt w/ Granola

14

Lunch:
Crispy Chicken Sandwich
Collard Greens

Breakfast:
Cereal

15

Lunch:
Meatballs w/ Pasta
Broccoli and Salad

Breakfast:
Waffles

16

Lunch:
Fajita Chicken w/ Tortilla
Pinto Beans and Salad

Breakfast:
Super Donut

17

Lunch:
Fish Patty Sandwich (4-11)
Fish Sticks (K-1)
Lima Beans and Salad

Breakfast:
Crunchmania

18

Lunch:
Turkey and Cheese Sandwich
Carrot Sticks

Breakfast:
Yogurt w/ Granola

21

Lunch:
Diced Chicken w/ Rice (4-11)
Chicken Nuggets (K-1)
Salad

Breakfast:
Cereal

22

Lunch:
Hamburger
Boiled Potatoes and Salad

Breakfast:
Pancakes

23

Lunch:
Fiesta Turkey w/ Tortilla Chips
Salad and Salsa

Breakfast:
Super Donut

24

Lunch:
Ribeque
Pinto Beans and Salad

Breakfast:
Crunchmania

25

Lunch:
Turkey Ham and Cheese Sandwich
Celery Sticks

Breakfast:
Yogurt w/ Granola

28

Lunch:
Diced Chicken w/ Rice (4-11)
Chicken Nuggets (K-1)
Green Peas and Salad

Breakfast:
Cereal

29

Lunch:
Pizza
Corn and Salad

Breakfast:
Waffles

30

Lunch:
Pasta w/ meat sauce
Carrots and Salad

Breakfast:
Super Donut

31

Lunch:
Fish Patty Sandwich (4-11)
Fish Sticks (K-1)
Lima Beans and Salad

Additional Daily Menu Items:

- Salad: caesar, spring mix, or green. Except on early release days
- Milk: 1%, fat-free: regular, chocolate, or strawberry
- Fruit: banana, pear, apple or oranges.
- Saturday School: PB&J w/ celery sticks

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

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