



October

*Milk:
White Low fat Milk 1%
Fat Free Chocolate Milk
Skim White Milk

Literacy First Charter Schools Lunch Menu

2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teriyaki BBQ Chicken w/Rice Nectarines Green Beans / Carroteenies w/Dip Juice / Milk	3 Chicken Sandwich w/Tater Tots Sliced Orange Beans / Cucumber Slices w/Dip Juice / Milk	4 Pizza (Pepp & Cheese) Banana Carroteenies / Salad Cup w/Dressing Juice / Milk	5 Nachos w/Cheese & Veggie Chili Beans Mixed Fruit Broccoli w/Dip / Corn Juice / Milk	6 Turkey Sub Sandwich Apple Carroteenies w/Dip Juice / Milk
9 Cheeseburger w/Tater Tots Orange Green Beans / Carroteenies w/Dip Juice / Milk	10 Halal Chicken on Rice Applesauce Cup Beans / Cucumber Slices w/Dip Juice / Milk	11 Pizza (Pepp & Cheese) Banana Carroteenies / Salad Cup w/Dressing Juice / Milk	12 Chicken Sandwich w/Tater Tots Frozen Peach Cup Broccoli w/Dip / Corn Juice / Milk	13 PB&J Sandwich Pear Jicama Sticks w/Tajin Juice / Milk
16 Hot Dog Mixed Fruit Veggie Chili Cup / Carroteenies w/Dip Juice / Milk	17 Cali Burrito Pear Green Beans / Cucumber Slices w/Dip Juice / Milk	18 Pizza (Pepp & Cheese) Banana Carroteenies / Salad Cup w/Dressing Juice / Milk	19 Orange Chicken w/Rice Mixed Fruit Broccoli w/Dip / Green Beans Juice / Milk	20 Turkey Sub Sandwich Orange Carroteenies w/Dip Juice / Milk
23 Mini Corn Dog w/Mac & Cheese Apple Corn / Carroteenies w/Dip Juice / Milk	24 Tamale w/Rice Orange Beans / Cucumber Slices w/Dip Juice / Milk	25 Pizza (Pepp & Cheese) Banana Carroteenies / Salad Cup w/Dressing Juice / Milk	26 Halal Chicken on Rice Applesauce Cup Broccoli w/Dip / Corn Juice / Milk	27 PB&J Sandwich Pear Jicama Sticks w/Tajin Juice / Milk
30 <i>Fall Break</i>	31 <i>Fall Break</i>	Menus are subject to change without notice. Offer VS Serve		

Warning: Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

"This institution is an equal opportunity provider."