

# Celerity Charter Schools October 2009 Menu

Day	Date	Breakfast	Lunch	Snack
		<i>Served with Fruit, Milk &amp; Juice</i>	<i>Served with Milk &amp; Juice</i>	<i>Celerity Served with Apple Juice</i>
Thursday	10/1/09	Blue Berry Muffin	Cheese Ravioli with Green Salad and Garlic Bread	Animal Crackers
Friday	10/2/09	Cold Cereal w/ Banana	B.B.Q Chicken Tender with Coleslaw and Roll	Honey Oats Granola Bar
Monday	10/5/09	Coffe Cake and String Cheese	Spaghetti with turkeyt Sauce Served with Green Salad	Yogurt
Tuesday	10/6/09	Bagel with Cream Cheese	Chicken and Vegetables Taco Salad Served w/ Rice	Jicama & Carrot Sticks
Wednesday	10/7/09	French Toast	Tuna Salad Sandwhich on Wheat w/Fruit & Salad	Gold Fish Crackers
Thursday	10/8/09	Egg & Cheese Sandwich	Hot Dog Served with Green Salad and Fruit	Jicama & Carrot Sticks
Friday	10/9/09	Cold Cereal w/ Banana	Turkey Burger with Cheese, lettuce,tomato on Bun & Fresh Fruit	Mini Pretzels
Monday	10/12/09	Bran Muffin with String Cheese	Baked Chicken with Green Salad And Roll	Coffee Cake
Tuesday	10/13/09	Bagel with Cream Cheese	Chicken and Vegetables Pasta Casserole with Salad	Fresh Fruit
Wednesday	10/14/09	Pancakes with Turkey Sausage	B.B.Q Chicken Tender with Coleslaw and Roll	Gold Fish Crackers
Thursday	10/15/09	Fruit Parfait w/ Graham Crackers	Cheese Pizza with Green Salad and Fruit	Carrot Sticks with Ranch*
Friday	10/16/09	Cold Cereal w/ Banana	Chicken Teriyaki & Vegetables over Rice, Orange	Honey Oats Granola Bar
Monday	10/19/09	Hot Apple oatmeal	Spaghetti with turkey Sauce Served with Green Salad	Yogurt
Tuesday	10/20/09	Bagel with Cream Cheese	Chicken Mole with Spanish Rice and Fruit	Scooby Crackers
Wednesday	10/21/09	French Toast	B.B.Q Chicken Breast on a Bun with Salad	Fresh Fruit
Thursday	10/22/09	Egg & Cheese Sandwich	Chicken Calzon with Green Salad and Fruit	Animal Crackers
Friday	10/23/09	Cold Cereal w/ Banana	Tuna Salad Sandwhich on Wheat w/Fruit & Salad	Mini Pretzels
Monday	10/26/09	Bagel with Cream Cheese	Spaghetti w/Turkey Meat Sauce with Green Salad	Crackers and String Cheese
Tuesday	10/27/09	Coffee Cake and String Cheese	Italian Turkey Sandwich on Sourdough Bread/Green Salad & Fruit	Yogurt
Wednesday	10/28/09	Pancakes with Turkey Sausage	Hot Dog Served with Green Salad and Fruit	Fresh Fruit
Thursday	10/29/09	Fruit Parfait w/ Graham Crackers	Cheese Pizza with Green Salad and Fruit	Carrot Sticks with Ranch*
Friday	10/30/09	Cold Cereal w/ Banana	Baked Chicken with Green Salad and Roll	Jicama & Carrot Sticks