



# Antioch Charter Academy 1 Lunch Menu - October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>October Break</h2> 				
10	11	12	13	14
*Mandarin Chicken with Rice *Broccoli *Applesauce	*Stuffed Pepperoni & Cheese Pocket *Corn *Apple	*Yogurt Parfait with Roll *Edamame *Orange	*Eggroll with Rice *Green Beans *Sliced Peaches	*Turkey and Cheese Sub *Mixed Veggies *Raisins
17	18	19	20	21
*Cheeseburger on a Bun *Broccoli *Pear	*Chicken and Cheese Enchiladas *Corn *Fresh Banana	*Bean and Cheese Burrito *Refried Beans *Diced Pears	*Chicken Caesar Salad with Cheeze-Its *Green Beans *Apple	*Bosco Sticks *Marinara Sauce *Mixed Fruit
24	25	26	27	28
*Mandarin Chicken with Rice *Broccoli *Applesauce	*Turkey & Gravy with Mashed Potatoes & Roll *Corn *Apple	*Da Vinci Pepperoni Pizza Slice *Edamame *Orange	*Super Pretzel with Nacho Cheese Dip & String Cheese *Green Beans *Sliced Peaches	*Bean and Cheese Burrito *Mixed Veggies *Raisins
31	<div style="border: 1px dashed green; padding: 10px;"> <p><b>COMBO MEALS INCLUDES</b>            Entrée Special            Fruit of the Day (1/2 cup)            Vegetable of the Day (1/2 cup)            &amp; Baby Carrots (1/4 cup)            (Must take 1/2 cup Fruit or Vegetable)            Choice of 1% White Milk</p> </div>			
*French Bread Cheese Pizza *Broccoli *Pear				

**Alternates**

- Monday**– Spinach Salad with Roll
- Tuesday**– SunButter and Jelly Sandwich
- Wednesday**– Lone Tree Broiler
- Thursday**– Farm Fresh Italian & Provolone
- Friday**– Veggie Burger

**Combo Meal Prices**

Reduced-Price: \$0.40 / Free as Eligible

**Allergies?** A form to request substitutions is available from your school office.

*Apply Online for Free and Reduced-Price Meals  
www.SchoolLunchApp.com*