

July 15 - 19 Classic Menu

Rochdale Early Advantage Charter School

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Corn Flakes Honeydew Low-Fat 1% & Whole Milk	Blueberry Bread WG Peaches Low-Fat 1% & Whole Milk	Mini Bagels WG Jam Apples <sup>Low-Fat 1% &amp; Whole Milk</sup>	Banana Muffin WG Peaches <sup>Low-Fat 1% &amp; Whole Milk</sup>	Apple Cinnamon Bagels WG Butter Apples <sup>Low-Fat 1% &amp; Whole Milk</sup>
LUNCH	Chicken Alfredo Rotini Pasta WG Green Peas Oranges <sup>Low-Fat 1% &amp; Whole Milk</sup>	Arroz con Pollo WG Seasoned Rice WG Red Beans Watermelon Low-Fat 1% & Whole Milk	BBQ Pulled Turkey Brioche Rolls Mashed Sweet Potatoes Honeydew <sub>Low-Fat 1% &amp; Whole Milk</sub>	3 Cheese WG Rigatoni w/ Mozzarella Zucchini Oranges <sup>Low-Fat 1% &amp; Whole Milk</sup>	Zesty Ranch Chicken Salad Brioche Rolls Spring Mesclun Salad Cantaloupe <sup>Low-Fat 1% &amp; Whole Milk</sup>
SNACK					
	WG=Whole Grain A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and there fore does not need enrichment. These menu items contain at least 50 percent whole grains. WG=Whole Grain A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and there fore does not need enrichment. These menu items contain at least 50 percent whole grains.				