



Cirrus Academy Charter School - Lunch

Dec 2018

	MON	TUES	WED	THURS	FRI
	3	4	5	6	7
CENTER PLATE	Cheese Calzone (2G,2M)	Spaghetti with Meatballs (2G,2M)	Turkey B.L.T. Sub (2G,2M,1/4C RO)	Roasted Chicken with Cheesy Brown Rice (2G,2.5M)	Fresh Baked Turkey Peppperoni Pizza (2G,2M)
ALL AMERICAN GRILL	All American Cheeseburger (2G,2.5M)	Chicken Bites Basket (1.25G,2M)	Mini Corn Dog Basket (2G,2M)	Buffalo Chicken Sandwich (3G,2M)	Grilled Chicken Sandwich (2G,2.75M)
DELI DELIGHTS	Turkey B.L.T. Salad with a WG Breadstick (2G,2.25M,1/2C DG), Nacho Craftable (2G,2M), or Italian Sub (2G,1.75M)				
VEGGIES	Braised Bean Trio Garden Patch	Herb Roasted Broccoli (1/2C DG) Side Garden Salad (1/2C DG)	Oven Crisped Fries (1/2C S) Garden Patch	Steamed Peas and Carrots (1/2C O) Side Garden Salad (1/2C DG)	Cheesy Roasted Cauliflower (1/2C O) Garden Patch
	10	11	12	13	14
CENTER PLATE	Roasted BBQ Chicken with Mac and Cheese (1G,2.75M)	Creamy Chicken Alfredo (2G,2M)	Meatball Marinara Sub (2G,2.5M)	Heapin' Fajita Chicken Nachos (2G,2.5M)	Fresh Baked Cheese Pizza (2G,2M)
ALL AMERICAN GRILL	Crispy Chicken Sandwich (3G,2M)	Sloppy Joe (2G,2M)	Chicken Nugget Basket (1G,2M)	All American Hot Dog (2G,2M)	Grilled Cheese Sandwich (2G,1M)
DELI DELIGHTS	Ham and Cheese Craftable (2G,2.25M), Oriental Chicken Salad with a Breadstick (3.25G,2.5M,1/2C DG), or Chicken Ranch Wrap (2G,2.5M)				
VEGGIES	Garden Patch Southern Collard Greens	Roasted Italian Veggies (1/2C O) Side Caesar Salad (1/2C DG)	Garlic Steamed Broccoli (1/2C DG) Garden Patch	Sofrito Pinto Beans (1/2C BP) Side Garden Salad (1/2C DG)	Honey Dill Carrot Coins Garden Patch
	17	18	19	20	21
CENTER PLATE	Jerk Chicken with Waffles (2G,2M)	Cheesy Breadstick Dippers with Marinara (2G,2M)	Pulled BBQ Chicken Sandwich (2G,2M)	Mandarin Orange Chicken Stir Fry (3.25G,2M)	No School Winter Break
ALL AMERICAN GRILL	All American Cheeseburger (2G,2.5M)	Chicken Bites Basket (1.25G,2M)	Mini Corn Dog Basket (2G,2M)	Buffalo Chicken Sandwich (3G,2M)	
DELI DELIGHTS	Loaded Chef Salad with a WG Breadstick (2G,2M,1/2C DG), Turkey and Cheese Craftable (2G,2M), or BBQ Chicken Wrap (2G,2.5M)				
VEGGIES	Sweet Potato Fries (1/2C RO) Garden Patch	Southern Green Beans (1/2C O) Side Caesar Salad (1/2C DG)	Tater Tots (1/2C S) Garden Patch	Roasted Stir Fry Veggies (1/2C O) Side Garden Salad (1/2C DG)	
	24	25	26	27	28
Winter Break					
	31				
CENTER PLATE	No School Winter Break				
DELI DELIGHTS	Pizza Craftable (2G,2.25M), BBQ Chicken Salad with a WG Breadstick (2G,2.5M), or Clubhouse Wrap (2G,2M)				

All entrees are served with up to two fruits and two vegetables

Choice of 1% or Fat Free Milk Available Daily

HARVEST OF THE MONTH

Sweet potatoes are characterized by their vibrant orange color and versatility as an ingredient. This winter root crop is a savory addition to the winter harvests, and although sweet potatoes may be a part of the Thanksgiving tradition, make sure to add these wonderful naturally sweet vegetables to your meals throughout the year! Sweet potatoes are some of the most nutritious vegetables around; they are fat-free, full of vitamins A and C, and contain beta-carotene that promotes healthy blood and strong bones. Stop by our cafés to try locally grown sweet potatoes this winter!