



# Discovery Charter School

## LunchSmart Menu January 2012



Monday	Tuesday	Wednesday	Thursday	Friday
January 2	January 3	January 4	January 5	January 6
			Amazing Homemade Mac N Cheese Served With FSP's Homemade Carrot Bread Fresh Salad Bar Seasonal Fresh Fruit Milk	Hand Crafted Cheese Or Sausage Pizza Fresh Salad Bar Seasonal Fresh Fruit Milk
January 9	January 10	January 11	January 12	January 13
Authentic Mexican Chicken Tinga Or Cheesy Quesadilla On Ultra grain Tortillas All The Fixins! Fresh Salad Bar Seasonal Fresh Fruit Milk	Homemade Baked Penne with Homemade Meat Or Marinara Sauce Freshly Baked Whole Grain Bread Fresh Salad Bar Seasonal Fresh Fruit Milk	All-American Cheeseburger Or Grilled Garden Burger on a Whole-Wheat Bun Simply Heinz Condiments Fresh Salad Bar Seasonal Fresh Fruit Milk	Teriyaki Chicken Breast Or Teriyaki Tofu Served Over Lime Brown Rice FSP's Own Cinnamon Apple Bread Fresh Salad Bar Seasonal Fresh Fruit Milk	Chef April's Special Homemade Lasagna Meat Or Cheese Whole Grain Rolls Fresh Salad Bar Seasonal Fresh Fruit Milk
January 16	January 17	January 18	January 19	January 20
½ Roast Beef & Provolone On A Pretzel Roll (or) Bowl Of Homemade, Non Meat Minestrone Soup with pretzel roll Fresh Salad Bar Seasonal Fresh Fruit Milk	Tex Mex Beef Or 3- Bean Chili Mac Warm Cornbread Fresh Salad Bar Seasonal Fresh Fruit Milk	Chicago-Style Italian Beef On A Whole Wheat Roll Or Sweet Pepper Hummus Wrap Fresh Salad Bar Seasonal Fresh Fruit Milk	Chicken Or Tofu Stir Fry Served Over Tasty Cilantro Lime Brown Rice Fresh Salad Bar Seasonal Fresh Fruit Milk	Hot Turkey & Cheese Or Three Cheese Sandwich Served On A Whole Wheat Bun Fresh Salad Bar Seasonal Fresh Fruit Milk
January 23	January 24	January 25	January 26	January 27
Lemon Herb Chicken Or Tofu On Ultra whole Grain Flatbread Fresh Salad Bar Seasonal Fresh Fruit Milk	Meatball Sandwich With Homemade Marinara Gravy Or Cheesy Marinara Sandwich on a Hoagie Roll Fresh Salad Bar Seasonal Fresh Fruit Milk	Roasted Turkey w/ Baked Potato Or Loaded Baked Potato Fresh Salad Bar Seasonal Fresh Fruit Milk	Chicken Or Veggie Stir Fry over Tri-Color Linguine Fresh Salad Bar Seasonal Fruit Milk	Hand Crafted Cheese Or Pepperoni Pizza FSP'S Own Banana Bread Fresh Salad Bar Seasonal Fresh Fruit Milk
January 30	January 31			
All Natural Beef Hot Dog Or Not Dog On A whole Wheat Bun W/ Simply Heinz Condiments Fresh Salad Bar Seasonal Fresh Fruit Milk	Whole Grain Spaghetti with Homemade Meat Or Marinara Sauce Warm Breadstick Fresh Salad Bar Seasonal Fresh Fruit Milk			

**Special note:** Menu is subject to change based on availability and quality of food items

FSP/Earth Smart Kitchen Proudly offers a wide selection of Fresh Fruits & Vegetables, many of which are locally grown and organic.

Several Varieties of the following are offered:

- Apples,
- Bananas, Oranges,
- Nectarines, Pineapple,
- Pears, Peaches, Grapes,
- Mangos, Melons,
- Carrots, Celery,
- Cucumbers, Legumes,
- Grape, Cherry & Vine Ripe
- Tomatoes, Olives

**Organic Romaine Lettuce offered daily on the Salad Bar**

**Skim or low-fat white milk with no artificial growth hormones or antibiotics**

Did you know that at Discovery we recycle, use reusable dishes and compost food scraps and fruit and vegetable peelings in the lunchroom?

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