



BART

a college prep charter school

OCTOBER 2018 DAILY MENU

Daily Breakfast Choices:

- assorted cereals, muffins, bagels & breads
- assorted whole, sliced, dried & fruit juice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> Chicken Patty Sandwich Potato Puffs Mixed Fruit Cup	<p>2</p> Penne and Meatballs Seasoned Broccoli Sliced Pears	<p>3</p> Beef Soft Taco Seasoned Corn Blueberries	<p>4</p> Chicken Fajita Vegetarian Beans Sliced Watermelon	<p>5</p> Cherry Blossom Chicken Rice Pilaf Asian Vegetable Medley Sliced Pineapple
<p>8</p> No School Today	<p>9</p> French Bread Pizza Seasoned Carrots Sliced Pears	<p>10</p> Breaded Chicken Tenders Rice Pilaf Caesar Salad Applesauce	<p>11</p> Baked Ham Dinner Roll Mashed Potatoes Red Grapes Cookie	<p>12</p> Chicken Bacon Ranch Flatbread Tossed Salad Sliced Watermelon
<p>15</p> Cheeseburger Tossed Salad Sliced Watermelon	<p>16</p> Cherry Blossom Chicken Rice Pilaf Asian Vegetable Medley Sliced Pineapple	<p>17</p> Penne and Meatballs Seasoned Broccoli Sliced Pears	<p>18</p> Beef Soft Taco Seasoned Corn Blueberries	<p>19</p> ½ Day No Lunch Today
<p>22</p> Chicken Bacon Ranch Flatbread Garden Peas Sliced Watermelon	<p>23</p> Chicken Fajita Vegetarian Beans Sliced Pineapple	<p>24</p> Breaded Chicken Tenders Rice Pilaf Caesar Salad Applesauce	<p>25</p> French Bread Pizza Seasoned Carrots Sliced Pears	<p>26</p> Baked Ham Dinner Roll Mashed Potatoes Red Grapes Cookie
<p>29</p> Chicken Patty Sandwich Potato Puffs Mixed Fruit Cup	<p>30</p> Penne and Meatballs Seasoned Broccoli Sliced Pears	<p>31</p> Shepherd's Pie Corn Bread Sliced Strawberries		

Milk choices:
 Fat free chocolate,
 Skim & 1%.

M, W, F lunch alternatives: pizza or assorted sandwiches
Tu, Th lunch alternatives: turkey and cheese croissant or assorted sandwiches

**Free Meals
for All Students**

To contact the Food Service Department, call 413-743-7311.