

Green Tech Charter High School

Breakfast Menu



September 2023

		No School	
			1
Labor DAY No School	Bagel & Cream Cheese Fruit Juice Milk	Scrambled Eggs & Toast Turkey Sausage Links Fruit Juice Milk	Blueberry Muffin Fruit Juice Milk
4	5	6	7
	Pancake Syrup Fruit Juice Milk	Sausage & Egg English Muffin Fruit Juice Milk	French Toast Syrup Fruit Juice Milk
11	12	13	14
	Plain Bagel Cream Cheese Fruit Juice Milk	Waffle Sticks Maple Syrup Fruit Juice Milk	Scrambled Eggs & Toast Fruit Juice Milk
18	19	20	21
	Chocolate Chip Muffin Fruit Juice Milk	Egg & cheese On A Bagel Fruit Juice Milk	French Toast Syrup Fruit Juice Milk
25	26	27	28
	Hash Brown Sausage Fruit Juice Milk	Pancakes Maple Syrup Fruit Juice Milk	Blueberry Muffin Fruit Juice Milk
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An 8 oz milk is served with each meal. Milk choices are Skim, 1% or fat free or chocolate . Cereal & Toast & Fresh Fruit Offered daily. Menus are subject to change without notice

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September 2023

Lunch Menu

		No School	
			1
Labor Day No School	Chicken Patty On A Bun French Fries Mandarin Oranges Milk	Soft Taco Black Beans Mixed Fruit Milk	Chicken Strips Dinner Roll Green Beans Mixed Fruit Milk
4	5	6	7
Beef & Pepper Rice Bowl Dinner roll Black Beans Applesauce Milk	Meat Ball Sub Green Beans Mandarin Oranges Milk	Baked Chicken Dinner Roll Broccoli Pears Milk	Cheese Burger On A bun French Fries Mixed Fruit Milk
11	12	13	14
Chicken Strips Dinner Roll Corn Mix Fruit Milk	Baked Ziti Dinner Roll Toss Salad Peaches Milk	Salsa Fresca Chicken Dinner Roll Green Beans Pears Milk	Lasagna Dinner Roll Toss Salad Peaches Milk
18	19	20	21
Buffalo Chicken Wrap Baby Carrots Peaches Milk	Chicken Sandwich Sliced Cucumbers Pineapple Milk	Spaghetti & Meat Balls Garlic Bread Toss Salad Milk	BBQ Chicken Dinner roll Broccoli Mandarin Oranges Milk
25	26	27	28
If your child has an allergy please notify the office. Thank You. Fresh Fruit offered daily. An 8oz milk is served with each meal. Milk Choices are Skim, 1% or fat free chocolate. Daily offerings are. Fresh Fruit. Every day Deli Sandwiches Menus are subject to change without notice			29