



# Sugar Creek Charter School Menu

## Week of October 4-8, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Yogurt and Cereal Bar	Cereal, Cheese and Milk	Yogurt and Cereal Bar	Cereal, Cheese and Milk	Yogurt and Cereal Bar
Sausage and Cheese English Muffin	French Toast w/ Blue Pineapple Smoothie	Steak Biscuit	<i>Apple Frudel w/ Berry Smoothie</i>	Chicken Biscuit
Apple Slices	Grapes	Fresh Oranges	Honeydew	Strawberries
Raisins	Diced Pears	Applesauce	Peaches	Craisins
<b>Lunch</b>				
Hamburger	Nacho and Cheese	Chicken Fajita and Rice	Sloppy Joe	Jerk Chicken
Bun	Tostito	Dinner Roll	Bun	Dinner Roll
Yams	Black Beans	Green Beans	Corn	Collard Greens
Fresh Pear	Banana	Watermelon	Grapes	Cantaloupe
Mixed Fruit	Applesauce	Raisins	Diced Pear	Pineapple
Chicken Caesar Salad	Chef Salad w/ Chicken and Croutons	Chef Salad w/ Sliced Turkey and Croutons	Southwest Salad w/ Tostito	Crispy Chicken Caesar Salad
Yogurt Bag (Yogurt, Cheese, Chex, and Veggie Juice)	Yogurt Bag (Yogurt, Cheese, Chex, and Veggie Juice)	Yogurt Bag (Yogurt, Cheese, Chex, and Veggie Juice)	Yogurt Bag (Yogurt, Cheese, Chex, and Veggie Juice)	Yogurt Bag (Yogurt, Cheese, Chex, and Veggie Juice)