Esperanza Academy	โ บาท	ch	Men	*October *
Charter School	Lun Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Mozzarella Bread Sticks Marinara Sauce	Cheese Burger French Fries Broccoli / Ranch	Chicken Poppers Mashed Potatoes Gravy Corn	Turkey Tacos Rice & Black Peas	Chicken Bacon Pepperjack Sandwich French Fries Carrots / Ranch
10	11	12	13	14
School Closed Turkey Nacho Supreme Spicy Chick Peas Corn	Hispanic Month Media Noche Sandwich Coleslaw French Fries	Hispanic Month Baked Chicken Quarters Rice and Beans Dinner Roll Peas and Carrots	Hispanic Month Chili Nachos Refried Beans	Hispanic Month Pastelon Tossed Salad Dinner Roll
17	18	19	20	21
Chicken Alfredo Pasta Peas and Carrots Bread Stick	French Toast Turkey Sausage Link Hash Browns Mandarin Oranges	Cheese Lasagna Broccoli Dinner Roll	BBQ Riblet Sandwich Baked Beans Coleslaw Green Beans	Pizza Fresh Roasted Vegetables
24	25	26	27	28
Mozzarella Bread Sticks Marinara Sauce	Cheese Burger French Fries Broccoli	Chicken Tenders Mashed Potatoes Gravy Corn	Tacos Rice & Black Beans	Chicken Bacon Pepperjack Sandwich French Fries Carrots / Ranch
31				
Turkey Nacho Supreme Spicy Chick Peas Corn				

Menu Subject to Change

Daíly Optíons also include Deli Sandwiches with toppings and Chicken Caesar Salad Each Meal includes a variety of fruits, vegetables, and 1 %milk options

Nutrition Services Office 267-270-4044 ext. 1194 Brian Watts, Nutrition Coordinator