Esperanza Academy Charter School	Lung	ch	Men	
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Mozzarella Sticks Marinara Sauce	Mac & Chez Green Beans Dinner Roll	Spicy Chicken Sandwich French Fries Carrots / Ranch
6	7	8	9	10
Chicken Tenders Mashed Potato Mixed Vegetables	Cheese Burger French Fries Broccoli	Chicken Nachos Rice and Beans Peas and Carrots	Spaghetti and Meat Sauce Dinner Roll Green Beans Plantain	Pizza Caesar Salad
13	14	15	16 0	17
Chicken Wings French Fries Broccoli	French Toast Sausage Link Hash Browns Mandarin Oranges	Carnitas Tacos Black Beans Guacamole Peppers and Onions	Shepherd's Pie Biscuit Cookie	Half Day Manager Selection
20	21	22	23	24
Beef Nacho Supreme Refried Beans Corn	Cheese Burger Old Bay French Fries with Cheese Sauce Broccoli	Riblet Roasted Potato Mixed Vegetables Dinner Roll	Cuban Sandwich Fries Green Beans	Pizza Fresh Roasted Vegetables
27	28	29	30	31
Chicken Poppers Mashed Potatoes Gravy Mixed Vegetables	Loaded Steak Fries Beef, Cheese Sauce, Bacon, Broccoli	Mozzarella Sticks Marinara Sauce	Mac & Chez Green Beans Dinner Roll	Spicy Chicken Sandwich French Fries Carrots / Ranch

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