



Community Academy Public Charter Schools Middle School Students January Lunch Menu 2012



Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6
	Rotini Bake (meat crumbles 1.84 oz, mozz cheese.5oz, sauce 3.45oz, noodles 1.83oz Peas & Carrots 1/2 cup Peach Cup 3/8 cup Whole Wheat Bread (2) .9oz Margarine .34oz	Breaded Chicken Filet 4oz Broccoli 3/8 cup Apple Juice 1/2 cup Whole Wheat Bun 1.8 oz BBQ Sauce .43 oz	Taco Meat meat crumbles 2.46oz, sauce 2.9oz Refried Beans 3/8 cup Fresh Orange 1/2 cup Whole Grain Tortilla Rounds 1oz Taco Sauce .32oz CAPCS Salad Bar (DoD)	Cheese Pisa Pizza (whole wheat) 6.21oz Mixed Green Salad 1/2 cup Ranch Dressing .42 oz Fresh Pear 1/2 cup
9	10	11	12	13
Patty Melt Sandwich (patty 1.55oz, cheese.5oz) Whole Wheat Bread 1.8oz Corn & Carrots 1/2 cup Pear Cup 3/8 cup Mustard .19oz, Catsup .247oz Mini Pretzels 1.5oz	Whole Grain Chicken Nuggets 4.86oz w/ Potato Wedges 1/2 cup Orange Juice 1/2 cup Corn Muffin 3oz BBQ sauce .43oz, Catsup .247oz CAPCS Salad Bar (DoD)	Hamburger 2.35oz Maple Baked Beans 3/8 cup Fresh Banana 1/2 cup Whole Wheat Bun 1.8 oz Mustard .19oz, Catsup .247oz Fritos .75oz	Pepperoni Pisa Pizza (whole wheat) 6.3 oz French Dressing .45 oz Pineapple Cup 3/8 cup Snickerdoodle Cookie 1.1 oz CAPCS Salad Bar (DoD)	Macaroni & Cheese 8.04 oz Broccoli 3/8 cup Fresh Apple 1/2 cup Whole Wheat Bread .9oz Margarine .34oz
16	17	18	19	20
Martin Luther King Jr. Day School Closed 	Home-style Chili (meat crumbles .87oz, beans 3oz, tomato sauce .39oz) Corn & Carrots 1/2 cup Mixed Fruit Cup 3/8 cup Whole Grain Tortilla Rounds 1oz CAPCS Salad Bar (DoD)	Whole Grain Chicken 3.05oz Parmesan (mozz cheese.25oz, tomato sauce 1.51oz) Spinach 1/4 cup Grape Juice 1/2 cup Soft Breadstick .9oz	Hot Dog 2 oz Maple Baked Beans 3/8 cup Fresh Pear 1/2 cup Whole Wheat Bun 1.5 oz Mustard .19oz, Catsup .247oz CAPCS Salad Bar (DoD)	Pepperoni Pisa Pizza (whole wheat) 6.3oz Mixed green Salad 1/2 cup Italian Dressing .42 oz Fresh Orange 1/2 cup
23	24	25	26	27
Whole Grain Bagel Dog (hot dog 2oz, whole grain bagel 2.25oz) Potato Rounds 3/8 cup Apple Juice 1/2 cup Mustard .19oz/Catsup .247oz Goldfish Crackers 1oz	Whole Wheat Spaghetti 1.85oz w/ Meat 2.46 oz, Sauce 4.92oz Peas & Carrots 1/2 cup Mixed Fruit Cup 3/8 cup Garlic Bread 1.5 oz CAPCS Salad Bar (DoD)	Whole Grain Chicken Nuggets 3.04oz Red Beans 1/4 cup & Rice 2.65oz Fresh Pear 1/2 cup Whole Wheat Bread .9oz Margarine .34oz, BBQ Sauce .43oz Fritos .75oz Half Day	Cheese Pisa Pizza (whole wheat) 6.21 oz Italian Dressing .42 oz peach Cup 3/8 cup Lemon Cookie 1.3 oz CAPCS Salad Bar (DoD)	Salisbury Steak 2.58 oz w/ Brown Gravy 1.65 oz Collard Greens 3/8 cup Fresh banana 1/2 cup Whole Wheat Bread .9oz Margarine .34 oz
30	31			
Toasted Cheese 2oz on Whole Wheat Bread 1.8 oz Tomato Soup 1/2 cup Mixed Fruit Cup 3/8 cup Corn Muffin 3oz	Breaded Chicken Fillet 4oz Broccoli 3/8 cup Orange Juice 1/2 cup Whole Wheat Bread .9oz Margarine .34oz, BBQ Sauce .43oz CAPCS Salad Bar (DoD)			

Portion Control: Daily meals served are at least 1/4 cup per serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain
Milk Variety: 8 fluid oz flavored low-fat (1%) and unflavored fat-free (skim) fluid milk is offered to each child everyday
Water: Water is available for each child in the area where food is consumed everyday
Local Distributor: Preferred Meal Systems Inc. - 7911 Braygreen Road; Laurel, MD 20707 (301) 497-6940
Dairy Distributor: Dairy Maid - 259 East 7th Street; Fredrick, MD 21701 / Produce: Costal Sunbelt Produce - 8704 Bollman Place; Savage, MD 20763
DoD State Program: Fresh Fruit & Vegetable Program (DoD) / Local Produce (L) - CAPCS Salad Bar

Preferred Meals Systems Catering
*Menu is subject to change
LNJ2/4-12 Traditional