

# YUBA ENVIRONMENTAL SCIENCE CHARTER ACADEMY

Fruit and Salad are part of the daily salad bar and will not be listed daily in the menu.

## LUNCH MENUS 2018

### MENU October 1-5

**Monday:** Vegetarian Chili, Corn Bread, String Cheese, Baked Potato

**Tuesday:** Beef Frank, Roll, Potato Salad

**Wednesday:** Chicken Sliders, Baked Beans, Seasonal Vegetable

**Thursday:** Fish Taco, Crispy Slaw, Rice, Beans

**Friday:** Pizza, Green Beans

### MENU October 8-12

**Monday: NO SCHOOL**

**Tuesday:** Nachos w/ Cheese, Spanish Rice, Corn

**Wednesday:** Hamburger on Roll, Potato Wedges

**Thursday:** Teriyaki Chicken, Rice, Stir Fry Vegetables

**Friday:** Lemon Chicken, Rice Pilaf, Mixed Vegetables

### MENU October 15-19

**Monday:** Mac & Cheese, Roll, Apples & Peanut Butter, Green Beans

**Tuesday:** Spaghetti w/ Meat, Granola, Mixed Vegetables

**Wednesday:** Chicken Taco, Spanish Rice, Corn

**Thursday:** Curry, Rice, Seasonal Vegetable

**Friday:** Meat Loaf, Roll, Mashed Potatoes

### MENU October 22-26

**Monday:** Tofu w/ Fried Rice, Stir Fry Vegetables, Apple & Peanut Butter, Sushi Roll

**Tuesday:** Salisbury Steak, Mashed Potatoes, Roll

**Wednesday:** Oven Fried Chicken, Potato Wedges, Salad

**Thursday:** Enchilada Casserole, Corn, Seasoned Brown Rice

**Friday:** Shepherd's Pie, Green Beans, Bread

### MENU October 29-31

**Monday:** Cheese Pizza, Potato Salad

**Tuesday:** Korean Chicken, Brown Rice, Asian Salad, Kim Chi

**Wednesday:** Pulled Pork Slider, Potato Wedges, Cole Slaw