

OCTOBER 2023

CASA Charter School Lunch Menu

Monday

2

Hot: Swedish Meatballs Over Rotini
Cold: Turkey Croissant/Salad
Veg: Broccoli
Fruit: Apple
Milk

Tuesday

3

Hot: Chicken Tenders w/ Onion Rings
Cold: Turkey Ham & Cheese Sand/Salad
Veg: Carrots
Fruit: Applesauce
Milk

Wednesday

4

Hot: Grilled Cheeseburger
Cold: Turkey Sandwich/Salad
Veg: Crinkle Fries
Fruit: Orange
Milk

Thursday

5

Hot: BBQ Chicken Tender Sandwich
Cold: Turkey Ham Wrap/Salad
Veg: Crinkle Sweet Potato Fries
Fruit: Orange
Milk

Friday

6

Hot: Cheese Pizza
Cold: Turkey & Cheese Sub/Salad
Veg: Roasted Vegetables
Fruit: Apple
Milk

9

No School

10

Hot: Breaded Chicken Patty Sandwich
Cold: Italian Sub/Salad
Veg: Baked Beans
Fruit: Banana
Milk

11

Hot: Chicken & Waffles
Cold: Spicy Chicken Wrap/Salad
Veg: Sweet Potato Fries
Fruit: Pear
Milk

12

Hot: Chicken Parmesan Sub
Cold: Turkey Sandwich/Salad
Veg: Cauliflower
Fruit: Apple
Milk

13

Hot: Cheeseburger
Cold: Turkey Croissant/Salad
Veg: Baked Beans
Fruit: Orange
Milk

16

Hot: Spaghetti Marinara w/ Meatballs
Cold: Turkey Ham Wrap/Salad
Veg: Broccoli
Fruit: Apple
Milk

17

Hot: Cheesy Chicken Quesadilla
Cold: Turkey Ham Sandwich/Salad
Veg: Italian Veggie Blend
Fruit: Orange
Milk

18

Hot: Bacon Cheeseburger
Cold: Italian Wrap/Salad
Veg: Tater Tots
Fruit: Banana
Milk

19

Hot: Cheese Pizza
Cold: Turkey Sandwich/Salad
Veg: Corn
Fruit: Orange
Milk

20

Hot: Beefy Macaroni Marinara
Cold: Turkey Ham & Cheese Sub/Salad
Veg: Carrots
Fruit: Apple
Milk

23

Hot: Cheesy Meatball Sub
Cold: Turkey & Cheese Sub/Salad
Veg: Broccoli
Fruit: Orange
Milk

24

Hot: Grande Cheesy Nachos
Cold: Turkey Ham Sub/Salad
Veg: Black Beans
Fruit: Apple
Milk

25

Hot: Cheeseburger
Cold: Chicken Salad Wrap/Salad
Veg: Tater Tots
Fruit: Pear
Milk

26

Hot: Cheese Stuffed Breadsticks
Cold: Italian Wrap/Salad
Veg: Green Beans
Fruit: Peaches
Milk

27

Virtual Learning Day

30

Hot: Breaded Chicken Patty Sandwich
Cold: Turkey Ham & Cheese Wrap/Salad
Veg: Crinkle Fries
Fruit: Applesauce
Milk

31

Hot: Diced Chicken Quesadilla
Cold: Turkey & Cheese Sandwich/Salad
Veg: Brown Rice/Refried Beans
Fruit: Apple
Milk