

What's on the Menu?

International Charter School Lunch Menu – January 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Fruit & Vegetable provided with each meal

Fruta y verdura proporcionada con cada comida

Frutas e vegetais fornecidos com cada refeição

1% White or Fat Free Chocolate Milk

Leche 1% blanca o de chocolate sin grasa

Leite branco 1% ou achocolatado desnatado

Sun Butter & Jelly available daily

Sun Butter & Jelly disponible todos los días

Sun Butter & Jelly disponíveis diariamente

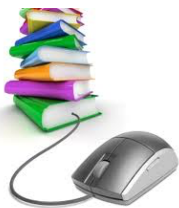
Notify server of any food allergies

Notifique al servidor de cualquier alergia alimentaria

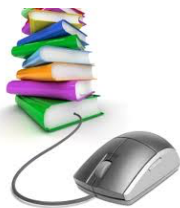
Notifique o prestador de serviços sobre qualquer alergia alimentar.

**Questions:
Contact Ryan Hurley,
Director of Dining
Services at
Ryan.Hurley
@compassusa.com**

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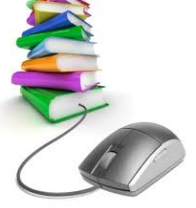
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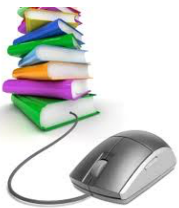
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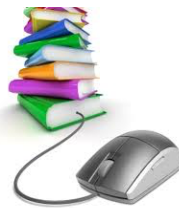
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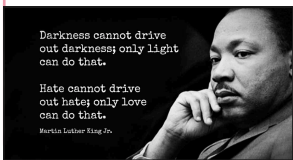


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No School-MLK Day



19

Chicken Taco Salad
Taco de frango e salada
Insalada de Taco de pollo

Corn & Black Bean Wrap
Wrap de milho e feijao preto
Burrito de maiz y frijol negro

20

Turkey & Cheese Sandwich
Sanduiche de peru e queijo
Sandwich de pavo y queso

Mushroom Panini
Panini de cogumelos
Panini de championes

21

BBQ Roast Pork Loin
Lombo de porco assado ao molho BBQ
Lomo de cerdo asado a la barbacoa

Apple Cheddar Melt
Maca e queijo cheddar derretido
Tostado de queso y manzana

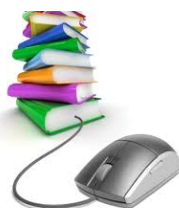
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Cheese or Roasted Veggie Pizza

Pizza de queijo ou legumes

Pizza de queso o de vegetables

25



26

Beef Shepherds Pie
Escondidinho de carne
Pastel de papa con carne de res

Veggie Shepherds Pie
Escondidinho de legumes
Pastel de papa con vegetales

27

Grilled Chicken Sandwich
Sanduicho de frango grelhado
Sandwich de pollo a la parrilla

Chickpea & Spinach Wrap
Wrap de grao-de-bico e espinafre
Burrito de garbanzos y espinacas

28

Turkey Chili
Chili de peru
Chili de pavo

Veggie Chili
Chili de legumes
Chili vegetariano

29

Cheese or BBQ Chicken Pizza

Pizza de queijo ou frango

Pizza de Pollo a la barbacoa