



MYSTIC VALLEY REGIONAL CHARTER SCHOOL

School Lunch

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
23 Fresh Made Chicken Fingers Whipped Golden Potatoes Fresh Seasonal Fruit Whole Wheat Bread Ketchup		24 Roast Chicken with Apple Gravy Roasted Red Potatoes Fresh Seasonal Fruit Multi Grain Bread		25 Beef Tacos Rice & Peas Mixed Vegetable Fresh Seasonal Fruit Cheddar Cheese Tortilla		26 Cheese Tortellini with Marinara Sauce Italian Green Beans with red peppers Seasonal Fresh Fruit		27 Roast Chicken with BBQ Sauce Cheddar Whip Potato Fresh Seasonal Fruit Whole Wheat Bread	
30 Cheese Lasagna with Meat Sauce Green Beans Straw/pineapple cup French Bread		31 Chicken Teriyaki Fried Rice Steamed Broccoli Fresh Seasonal Fruit Fortune Cookie							