



**HAMPDEN CHARTER
SECONDARY BIC
AUGUST/SEPTEMBER 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
8/26	8/27	8/28	8/29	8/30
NO SCHOOL	Confetti Pancakes OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cinnamon Ultimate Breakfast Round OR Assorted Cereals String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt OR Assorted Cereals Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese Flatbread OR Assorted Cereals Whole Grain Cracker Honeydew Fruit Cup 100% Juice 1% or Fat Free Milk
9/2	9/3	9/4	9/5	9/6
NO SCHOOL	Assorted Muffin OR Assorted Cereal Bars String Cheese Craisins 100% Juice 1% or Fat Free Milk	Strawberry Guava Flip OR Assorted Cereal Bars Whole Grain Cracker Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	88 Acres Bar OR Assorted Cereal Bars String Cheese Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese Pretzel Roll OR Assorted Cereal Bars Whole Grain Cracker Blueberry Fruit Cup 100% Juice 1% or Fat Free Milk
9/9	9/10	9/11	9/12	9/13
88 Acres Bar OR Assorted Cereal String Cheese Raisins 100% Juice 1% or Fat Free Milk	Ham & Cheddar Cheese Muffin OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Sausage & Cheese Flatbread OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Cinnamon Roll OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Blueberry Muffin OR Assorted Cereal Cantaloupe Fruit Cup 100% Juice 1% or Fat Free Milk
9/16	9/17	9/18	9/19	9/20
Assorted Cereal String Cheese Craisins 100% Juice 1% or Fat Free Milk	Confetti Pancakes OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Egg & Cheese Honey Wheat Roll OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Yogurt OR Assorted Cereal Granola Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Muffin of the Month OR Assorted Cereal Honeydew Fruit Cup 100% Juice 1% or Fat Free Milk
9/23	9/24	9/25	9/26	9/27
88 Acres Bar OR Assorted Cereal String Cheese Raisins 100% Juice 1% or Fat Free Milk	Sausage & Mozzarella Roll with Margarine OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Ham & Cheese Ciabatta OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Strawberry Guava Flip OR Assorted Cereal Fresh Whole Fruit 100% Juice 1% or Fat Free Milk	Whole Grain Muffin OR Assorted Cereal Pineapple Fruit Cup 100% Juice 1% or Fat Free Milk
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	



Hampden Charter
 Week of August 26 - 30



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO SCHOOL	Grilled Cheese and Bacon Sandwich	Fish Sandwich	Penne Pasta with Spaghetti Sauce, Shredded Cheese and Garlic Roll	Cheese Pizza or Pepperoni Pizza
	<p>Daily Deli Sandwich: Ham and Cheese Sandwich Chicken Caesar on Torpedo</p> <p>Daily Salad: Cranberry Apple Salad with Granola Garden Salad with Dinner Roll</p>				
<u>SIDES</u>		Baby Carrots	Cilantro Lime Cole Slaw	Caesar Salad	Caesar Salad
		Celery Sticks	Emoji Fries	White Bean Salad	White Bean Salad
	<p>Available Daily: Sunbutter & Jelly Sandwich, Side Salad, Chilled Mixed Fruit, Assorted Fresh Fruit</p>				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	

Hampden Charter
Week of September 2 - 6



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO SCHOOL	Hot Dog with Pasta Salad	Steak & Cheese Sandwich with Peppers and Onions	Chicken Pasta Alfredo with Dinner Roll	Chicken Patty or Cheeseburger
	<p><u>Daily Deli Sandwich:</u> Turkey and Cheese Sandwich Bruschetta Chicken on Torpedo</p> <p><u>Daily Salad:</u> Grilled Chicken Caesar Salad with Dinner Roll Garden Salad with Dinner Roll</p>				
<u>SIDES</u>		Black Bean Salad Zucchini Coins	Black Bean Salad Roasted Potatoes	Grape Tomatoes Spinach Salad with Honey Mustard	Grape Tomatoes Spinach Salad with Honey Mustard
	<p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Applesauce, Assorted Fresh Fruit</p>				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	



Hampden Charter
Week of September 9 - 13



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets with Vegetable Rice Pilaf	Cheesy Dunkers with Marinara Sauce and Caesar Salad	French Toast with Sausage and Syrup	Chicken Rice Bowl with Dinner Roll	Cheese Pizza or Pepperoni Pizza
	<p>Daily Deli Sandwich: Italian Sandwich Buffalo Chicken on Torpedo</p> <p>Daily Salad: Asian Grilled Chicken Salad with Dinner Roll Garden Salad with Dinner Roll</p>				
<u>SIDES</u>	Baby Carrots Caesar Salad	Baby Carrots Caesar Salad	Home Fries Baby Carrots	Celery Sticks Three Bean & Mozz. Salad	Celery Sticks Three Bean & Mozz. Salad
	<p>Available Daily: Sunbutter & Jelly Sandwich, Side Salad, Chilled Pears, Assorted Fresh Fruit</p>				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
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Hampden Charter
Week of September 16 - 20



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Lo Mein with Asian Sunbutter Sauce	Smoked Pulled Turkey Sliders with Cole Slaw	Popcorn Chicken Bowl with Mashed Potatoes and Gravy	Chicken Quesadilla with Yellow Rice	Chicken Patty or Cheeseburger
	<p><u>Daily Deli Sandwich:</u> Tuna on Goldfish Bread with Cracker Asian Chicken on Torpedo</p> <p><u>Daily Salad:</u> Crispy Chicken Salad with Dinner Roll Garden Salad with Dinner Roll</p>				
<u>SIDES</u>	Steamed Asian Vegetable	Roasted Sweet Potato	Pepper Strips	Black Bean Salad	Grape Tomatoes
	Grape Tomatoes	Black Bean Salad	Steamed Corn	Steamed Broccoli	Cucumber Coins
	<p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Peaches, Assorted Fresh Fruit</p>				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
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Hampden Charter
 Week of September 23 - 27



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Parmesan Sandwich	Teriyaki Glazed Chicken with Veggie Fried Rice	Grilled Cheese and Bacon Sandwich	Spaghetti with Meatballs and Garlic Roll	Cheese Pizza or Pepperoni Pizza
	<p><u>Daily Deli Sandwich:</u> Ham and Cheese Sandwich Chicken Caesar on Torpedo</p> <p><u>Daily Salad:</u> Cranberry Apple Salad with Granola Garden Salad with Dinner Roll</p>				
<u>SIDES</u>	Emoji Fries	Baby Carrots	Baby Carrots	Baby Carrots	Roasted Cauliflower
	Baked Beans	Zucchini Coins	Roasted Zucchini	Cauliflower Florets	Baby Carrots
	<p><u>Available Daily:</u> Sunbutter & Jelly Sandwich, Side Salad, Chilled Mixed Fruit, Assorted Fresh Fruit</p>				
MILK	CHOICE OF CHOCOLATE or 1% WHITE				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES				<i>Menu Items are Subject to Change</i>	