**Back to School**

**Welcome Back** for FOOD, FUN, & FITNESS!

**What’s on YOUR plate?**

Half Fruits and Vegetables
Grains Mostly Whole
Protein Foods
Dairy

**Try to eat a RAINBOW of different colors!**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

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**Menus for August & September 2020**

Codman Academy Charter Public School K1-12

This institution is an equal opportunity provider. Menus are subject to change.

### Breakfast Menu

<table>
<thead>
<tr>
<th>Monday, August 31</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday, September 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday, September 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday, September 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday, September 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday, September 8</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wed., September 9</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday, September 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday, September 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
</tr>
</tbody>
</table>

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**HAPPY LABOR DAY!**

**SADNESS JOY**

Try not to be BLUE about Summer’s end – enjoy the last sweet days of the season BERRY much!
<table>
<thead>
<tr>
<th>Monday, September 14</th>
<th>Tuesday, September 15</th>
<th>Wednesday, September 16</th>
<th>Thursday, September 17</th>
<th>Friday, September 18</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancakes &amp; Syrup,</td>
<td>Cereal Bar, String</td>
<td>Yogurt, Muffin, Fresh</td>
<td>Bagel with Cream Cheese,</td>
<td>Breakfast Sandwich</td>
</tr>
<tr>
<td>Chicken Sausage,</td>
<td>Cheese, Fresh Fruit,</td>
<td>Fruit, Assorted Milk.</td>
<td>Fresh Fruit, Assorted</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thai Vegetable Curry,</td>
<td>Jamaican Jerk Chicken</td>
<td>Turkey Pepperoni Pizza,</td>
<td>Turkey &amp; Cheese Wrap w/</td>
<td>Grab and Go Sandwich</td>
</tr>
<tr>
<td>Steamed Brown Rice,</td>
<td>Thighs, Yellow Rice,</td>
<td>Garden Salad,</td>
<td>Lettuce &amp; Tomato,</td>
<td>Carrot Sticks</td>
</tr>
<tr>
<td>Steamed Peas, Assorted</td>
<td>Corn &amp; Black Bean Salad,</td>
<td>Assorted Fresh Fresh &amp;</td>
<td>Pesto Pasta Salad</td>
<td>Assorted Fruit</td>
</tr>
<tr>
<td>Fruit &amp; Vegetables,</td>
<td>Assorted Fresh</td>
<td>Fruit &amp; Vegetables</td>
<td>Fresh Fruit &amp; Vegetables</td>
<td>&amp; Milk</td>
</tr>
<tr>
<td>Assorted Milk</td>
<td>Assorted Milk.</td>
<td>Assorted Milk</td>
<td>Assorted Milk.</td>
<td>Assorted Fruit &amp;</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, September 21</th>
<th>Tuesday, September 22</th>
<th>Wednesday, September 23</th>
<th>Thursday, September 24</th>
<th>Friday, September 25</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancakes &amp; Syrup,</td>
<td>Cereal Bar, String</td>
<td>Yogurt, Muffin, Fresh</td>
<td>Bagel with Cream Cheese,</td>
<td>Breakfast Sandwich</td>
</tr>
<tr>
<td>Chicken Sausage,</td>
<td>Cheese, Fresh Fruit,</td>
<td>Fruit, Assorted Milk.</td>
<td>Fresh Fruit, Assorted</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>House Made Veggie</td>
<td>WG Breaded Chicken</td>
<td>WG Breaded Chicken</td>
<td>Grilled Chicken Sandwich</td>
<td>Grab and Go Sandwich</td>
</tr>
<tr>
<td>Burger</td>
<td>Tenders, Mashed Sweet</td>
<td>Patty Sandwich on a WW</td>
<td>Broccoli Slaw</td>
<td>Carrot Sticks</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Potatoes, Steamed</td>
<td>Bun, Broccoli Salad</td>
<td>Assorted Fresh</td>
<td>Assorted Fruit</td>
</tr>
<tr>
<td>Assorted Fresh</td>
<td>Corn, Assorted</td>
<td>Fresh Fruit &amp; Vegetables</td>
<td>Fruit &amp; Vegetables</td>
<td>&amp; Milk</td>
</tr>
<tr>
<td>Fruit &amp; Vegetables,</td>
<td>Fresh &amp; Vegetables</td>
<td>Assorted Milk</td>
<td>Assorted Milk</td>
<td>Assorted Fruit &amp;</td>
</tr>
<tr>
<td>Assorted Milk</td>
<td></td>
<td></td>
<td></td>
<td>Milk</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, September 28</th>
<th>Tuesday, September 29</th>
<th>Wednesday, September 30</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancakes &amp; Syrup,</td>
<td>Cereal Bar, Cereal Bar,</td>
<td>Yogurt, Muffin, Fresh</td>
</tr>
<tr>
<td>Chicken Sausage,</td>
<td>String Cheese, Fresh</td>
<td>Fruit, Assorted Milk.</td>
</tr>
<tr>
<td>Fresh Fruit,</td>
<td>Fruit, Assorted Milk.</td>
<td></td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mofongo w/ Caribbean</td>
<td>Pasta w/ Turkey</td>
<td>Cheese Pizza</td>
</tr>
<tr>
<td>Vegetable Stew</td>
<td>Bolognese</td>
<td>Caesar Salad</td>
</tr>
<tr>
<td>Assorted Fresh</td>
<td>Roasted Zucchini</td>
<td>Assorted Fresh</td>
</tr>
<tr>
<td>Fruit &amp; Vegetables,</td>
<td>Garlic Bread</td>
<td>Fruit &amp; Vegetables</td>
</tr>
<tr>
<td>Assorted Milk</td>
<td>Assorted Fresh</td>
<td>Assorted Milk</td>
</tr>
<tr>
<td></td>
<td>Fruit &amp; Vegetables</td>
<td>Assorted Milk</td>
</tr>
</tbody>
</table>

**KIDS! Join us daily for the original value meal!**

**NO CHARGE for all students**

*All of our complete meals are always with no need to submit an application, thanks to the Community Eligibility Program!*

**DON'T 4 GET! To make a lunch, choose at least one**

- Fruit/Juice or Veggie
- Grains
- Milk
- Protein
- Vegetables

**and 3-5 items total**

Codman Academy Charter Public School
K1-8