



# SEPTEMBER 2022

## Durham Charter School



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Breakfast** 5  
Frosted Flakes Cereal  
Graham Crackers  
Fruit  
**Lunch**  
Chicken Tenders  
Corn  
Bread and Fruit

**Breakfast** 6  
Muffin  
Fruit  
**Lunch**  
Mac & Cheese  
Steamed Broccoli  
Bread and Fruit

**Breakfast** 7  
Yogurt  
Graham Crackers  
Fruit  
**Lunch**  
BBQ Chicken  
Sweet Potatoes  
Hushpuppies and Fruit

**Breakfast** 1  
Muffin  
Fruit  
**Lunch**  
Salisbury Steak and Gravy  
Mashed Potatoes  
Bread  
Fruit

**Breakfast** 2  
Super Donut  
Fruit  
**Lunch**  
Cheesy Bread Sticks w/ Marinara Sauce  
Steamed Carrots  
Fruit

**Breakfast** 12  
Apple Strudel Stick  
Fruit  
**Lunch**  
Chicken Cheese Tacos  
Black Beans  
Fruit

**Breakfast** 13  
Bagels  
Fruit  
**Lunch**  
Meatball Pasta in Marinara Sauce  
California Medley  
Bread  
Fruit

**Breakfast** 14  
Cheerios  
Graham Crackers  
Fruit  
**Lunch**  
Cheeseburger  
Baked French Fries  
Fruit

**Breakfast** 8  
Banana Bread  
Fruit  
**Lunch**  
Corn Dogs  
Baked Beans  
Fruit

**Breakfast** 9  
Super Donut  
Fruit  
**Lunch**  
Baked Lasagna  
Garden Salad  
Bread  
Fruit

**Breakfast** 15  
Muffin  
Fruit  
**Lunch**  
Chicken & Waffles  
Collard Greens  
Cinnamon Apples

**Breakfast** 16  
Super Donut  
Fruit  
**Lunch**  
Chicken Alfredo  
Steamed Carrots  
Fruit

**Breakfast** 19  
Trix Cereal  
Graham Crackers  
Fruit  
**Lunch**  
Turkey & Cheese Sandwich  
Baby Carrots w/ Ranch Dressing  
Fruit

**Breakfast** 20  
Muffin  
Fruit  
**Lunch**  
Teriyaki Chicken w/ Rice  
Steamed Broccoli  
Fruit

**Breakfast** 21  
Yogurt  
Graham Crackers  
Fruit  
**Lunch**  
Turkey Hot Dogs on Bun  
Green Beans  
Fruit

**Breakfast** 22  
Banana Bread  
Fruit  
**Lunch**  
Meatballs in Gravy  
Mashed Potatoes  
Bread  
Fruit

**Breakfast** 23  
Super Donut  
Fruit  
**Lunch**  
Chili Cheese Nachos  
Black Beans  
Fruit

**Breakfast** 26  
Apple Strudel Stick  
Fruit  
**Lunch**  
Chicken Nuggets  
Steamed Broccoli  
Bread  
Fruit

**Breakfast** 27  
Bagels  
Fruit  
**Lunch**  
Baked Spaghetti  
Green Beans  
Fruit

**Breakfast** 28  
Cheerios Cereal  
Graham Crackers  
Fruit  
**Lunch**  
Chicken Filet Sandwich  
Baked Beans  
Fruit

**Breakfast** 29  
Banana Bread  
Fruit  
**Lunch**  
Salisbury Steak w/Gravy  
Mashed Potatoes  
Bread  
Fruit

**Breakfast** 30  
Super Donut  
Fruit  
**Lunch**  
Cheesy Bread Sticks w/Marinara Sauce  
Steamed Carrots  
Fruit

**Milk Selections:** 1% Unflavored Milk or Chocolate Low Fat Milk  
**Food Service By:** The Famous Chicken Hut – 3019 Fayetteville St. Durham NC 27707  
Menu subject to change due to product availability