

Helen Thackston Charter School

Welcome to our
Lunch Cafe

12/1/2017 - 12/1/2017

Monday

Tuesday

Wednesday

Thursday

Friday

					Fish Sandwich <i>fish fillet on a bun with cheese</i> 🍷
					Grilled Turkey & Bacon Melt <i>gooey cheese with layers of turkey and crisp bacon melted between two slices of toasty bread</i>
Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
					Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i>
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough					
					Yogurt Parfait <i>low fat vanilla yogurt layered with berries and graham crackers</i> 🍷 🍷
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
					Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> 🍷
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					
					Nut Butter and Jelly Sandwich
Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings					
					Tator Tots <i>crisp potato rounds baked to perfection</i> Tator Tots Fresh Broccoli Fresh Fruit Cup 🍷 Sliced Oranges 🍷



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Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
 At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
 Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

 VEGETARIAN
  MADE WITH ALL NATURAL INGREDIENTS
  PORK
  VEGAN
  MADE WITH ORGANIC INGREDIENTS

Helen Thackston Charter School

Welcome to our
Lunch Cafe

12/4/2017 - 12/8/2017

Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Sloppy Joe on a Bun <i>home made sloppy joe served on a soft bun</i> 🍷</p>	<p>Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i></p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🍷</p>	<p>Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i></p>
		<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🍷 Crispy Chicken Sandwich</p>	<p>Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Jamaican Beef Patty</p>	<p>Smokehouse Burger <i>burger on a freshly toasted bun with BBQ sauce</i> 🍷 Grilled Chicken Teriyaki Sandwich 🍷</p>	<p>Fish Sandwich <i>fish fillet on a bun with cheese</i> 🍷 Turkey Burger</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
		<p>Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i></p>	<p>Pasta Alfredo with Chicken & Broccoli <i>pasta with alfredo sauce, grilled chicken strips and broccoli florets</i> 🍷🍷</p>	<p>Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> 🍷</p>	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i></p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
		<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons</i> 🍷</p>	<p>Fruity Peach & Granola Parfait <i>vanilla yogurt parfait layered with peaches and granola</i> 🍷</p>	<p>Fruity Pineapple & Granola Parfait <i>Lowfat vanilla yogurt layered with pineapple and granola.</i> 🍷🍷</p>	<p>Yogurt Parfait <i>low fat vanilla yogurt layered with berries and graham crackers</i> 🍷🍷</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
		<p>Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla</i> 🍷</p>	<p>Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i></p>	<p>Crispy Tacos <i>crispy taco shells filled with taco meat and cheddar cheese</i></p>	<p>BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🍷</p>
<p>Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese</p>					
		<p>Ham and Cheese Sandwich <i>Ham and Cheese Sandwich</i> 🍷</p>	<p>Tuna Salad Sandwich <i>tuna salad on fresh bread</i> 🍷</p>	<p>Chicken Salad Wrap <i>chicken salad in a wrap</i> 🍷</p>	<p>Ham Sandwich <i>thinly sliced ham sandwich</i> 🍷</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
		<p>Glazed Carrots <i>carrots in a buttery brown sugar glaze</i> Tomato Salad 🍷 Fresh Peach 🍷 Fresh Pear 🍷</p>	<p>Mashed Potatoes 🍷 Carroteenies 🍷 Fresh Pear 🍷 Plums 🍷</p>	<p>Lemon Parmesan Peas 🍷 Baked Beans 🍷 Veggie Dippers 🍷 Apple 100% Juice 100% Juice Fruit Punch</p>	<p>Tator Tots <i>crisp potato rounds baked to perfection</i> Fresh Broccoli Fresh Fruit Cup 🍷 Sliced Oranges 🍷</p>

WHITSON'S School Nutrition

SIMPLY ROOTED

in food & family

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 VEGETARIAN
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  PORK
  VEGAN
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Helen Thackston Charter School

Welcome to our
Lunch Cafe

12/11/2017 - 12/15/2017

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Chicken Stir Fry <i>chicken stir fry with onions, carrots, peppers, broccoli, peas and corn, in a sesame garlic sauce</i> 🍌</p>	<p>Soft Taco <i>fiesta-style meat with melted cheese arranged in a soft taco shell</i></p>	<p>Grilled Cheese <i>melted cheese on golden toasted bread</i></p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🐷</p>	<p>Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i></p>
	<p>Burger <i>burger on a freshly toasted bun</i> Turkey Hot Dog on Bun</p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🐷 Chicken Sandwich</p>	<p>Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Jamaican Beef Patty</p>	<p>Grilled Cheese <i>melted cheese on golden toasted bread</i> Turkey Burger <i>grilled turkey burger on a whole wheat bun</i></p>	<p>Fish Sandwich <i>fish fillet on a bun with cheese</i> 🍌 Turkey Burger</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Baked Pasta with Cheese <i>pasta topped with melted cheese, baked to perfection</i> 🍌</p>	<p>Pizza Bites <i>bite size pizza pockets</i></p>	<p>Lasagna Rollup <i>traditional cheesy lasagna, rolled up and topped with tomato sauce</i></p>	<p>Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> 🍌</p>	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i></p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Garden Salad Entree <i>fresh garden salad topped with meat</i> 🍌</p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons</i> 🍌</p>	<p>Fruity Peach & Granola Parfait <i>vanilla yogurt parfait layered with peaches and granola</i> 🍌</p>	<p>Fruity Pineapple & Granola Parfait <i>Lowfat vanilla yogurt layered with pineapple and granola.</i> 🍌 🍌</p>	<p>Caesar Salad <i>sliced mozzarella cheese over romaine lettuce, topped with Caesar dressing</i> 🍌</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
	<p>Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i></p>	<p>Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla</i> 🍌</p>	<p>Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i></p>	<p>Crispy Tacos <i>crispy taco shells filled with taco meat and cheddar cheese</i></p>	<p>Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> 🍌</p>
<p>Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese</p>					
	<p>Turkey & Cheese Sandwich <i>thinly sliced turkey and cheese sandwich</i></p>	<p>Ham and Cheese Sandwich <i>Ham and Cheese Sandwich</i> 🐷</p>	<p>Tuna Salad Sandwich <i>tuna salad on fresh bread</i> 🍌 Buffalo Chicken and Cheese Sandwich 🍌</p>	<p>Chicken Salad Wrap <i>chicken salad in a wrap</i> 🍌</p>	<p>Ham Sandwich <i>thinly sliced ham sandwich</i> 🐷</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Oven Baked Fries <i>crispy fries baked to perfection</i> Diced Tomatoes 🍌 Apple Slices 🍌 Sliced Oranges 🍌</p>	<p>Glazed Carrots <i>carrots in a buttery brown sugar glaze</i> Tomato Salad 🍌 Fresh Peach Apple Slices 🍌</p>	<p>Green Beans Carroteenies 🍌 Fresh Pear 🍌 Plums 🍌</p>	<p>Lemon Parmesan Peas 🍌 Baked Beans Veggie Dippers 🍌 Apple 100% Juice 100% Juice Fruit Punch</p>	<p>Tator Tots <i>crisp potato rounds baked to perfection</i> Fresh Broccoli Fresh Fruit Cup 🍌 Sliced Oranges 🍌</p>

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🌿 VEGETARIAN 🍌 MADE WITH ALL NATURAL INGREDIENTS 🐷 PORK 🌱 VEGAN 🍌 MADE WITH ORGANIC INGREDIENTS

Helen Thackston Charter School

Welcome to our
Lunch Cafe

12/18/2017 - 12/22/2017

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Dinner Roll</p>	<p>Sloppy Joe on a Bun <i>home made sloppy joe served on a soft bun</i> 🍌</p>	<p>Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i></p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🍌</p>	<p>Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i></p>
	<p>Burger <i>burger on a freshly toasted bun</i> Turkey Hot Dog on Bun</p>	<p>Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i> 🍌 Chicken Sandwich</p>	<p>Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> Jamaican Beef Patty</p>	<p>Grilled Chicken Teriyaki Sandwich <i>sandwich with chicken breast marinated in teriyaki sauce, topped with lettuce and tomato</i> 🍌 Turkey Burger <i>grilled turkey burger on a</i></p>	<p>Fish Sandwich <i>fish fillet on a bun with cheese</i> 🍌 Turkey Burger</p>
<p>Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches</p>					
	<p>Meat and Cheese Calzone <i>calzone stuffed with delicious italian meats and melted cheeses</i> 🍌</p>	<p>Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i></p>	<p>Pasta Alfredo with Chicken & Broccoli <i>pasta with alfredo sauce, grilled chicken strips and broccoli florets</i> 🍌 🥬</p>	<p>Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> 🍌</p>	<p>Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i></p>
<p>Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough</p>					
	<p>Garden Salad Entree <i>fresh garden salad topped with meat</i> 🍌</p>	<p>Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons</i> 🍌</p>	<p>Fruity Peach & Granola Parfait <i>vanilla yogurt parfait layered with peaches and granola</i> 🍌</p>	<p>Fruity Pineapple & Granola Parfait <i>Low fat vanilla yogurt layered with pineapple and granola.</i> 🍌 🥬</p>	<p>Yogurt Parfait <i>low fat vanilla yogurt layered with berries and graham crackers</i> 🍌 🥬</p>
<p>Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk</p>					
	<p>Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i></p>	<p>Chicken Fajita Wrap <i>seasoned chicken with sauteed onions and peppers topped with tomato, lettuce, and cheese on a tortilla</i> 🍌</p>	<p>Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i></p>	<p>Crispy Tacos <i>crispy taco shells filled with taco meat and cheddar cheese</i></p>	<p>Mexican Salad <i>Salad with beans, corn, sour cream, and salsa</i> 🍌</p>
<p>Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese</p>					
	<p>Turkey & Cheese Sandwich <i>thinly sliced turkey and cheese sandwich</i></p>	<p>Chicken Ranch Wrap <i>tender chicken tossed in buttermilk ranch dressing with lettuce and tomatoes in a wrap</i> 🍌</p>	<p>Tuna Salad Sandwich <i>tuna salad on fresh bread</i> 🍌 Buffalo Chicken and Cheese Sandwich 🍌</p>	<p>Chicken Salad Wrap <i>chicken salad in a wrap</i> 🍌</p>	<p>Ham Sandwich <i>thinly sliced ham sandwich</i> 🍌</p>
<p>Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings</p>					
	<p>Oven Baked Fries <i>crispy fries baked to perfection</i> Diced Tomatoes 🍌 Apple Slices 🍌 Sliced Oranges 🍌</p>	<p>Glazed Carrots <i>carrots in a buttery brown sugar glaze</i> Tomato Salad 🍌 Fresh Peach 🍌 Fresh Pear 🍌</p>	<p>Green Beans 🍌 Carroteenies 🍌 Fresh Pear 🍌 Plums 🍌</p>	<p>Baked Beans 🍌 Veggie Dippers 🍌 Apple 100% Juice 100% Juice Fruit Punch</p>	<p>Tator Tots <i>crisp potato rounds baked to perfection</i> Fresh Broccoli Fresh Fruit Cup 🍌 Sliced Oranges 🍌</p>

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 VEGETARIAN
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  PORK
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Helen Thackston Charter School

Welcome to our
Lunch Cafe

12/25/2017 - 12/29/2017

Monday

Tuesday

Wednesday

Thursday

Friday



Available Daily: Hamburgers, Cheeseburgers, Turkey Burgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese

Available Daily: Assorted Boars Head cold cuts, cheeses and whole grain rich bread, rolls and wraps along with vegetable toppings



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