

DECEMBER 2022

Teaneck Charter School



School Information: Teaneck Charter School

Place all orders online at
www.payforit.net



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



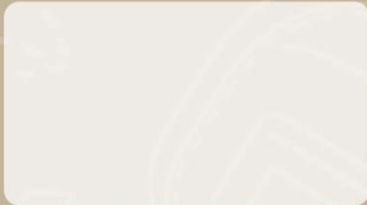
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Fettucine Alfredo 1
Peas
Fruit Juice
Milk

Pizza 2
Ziti
Turkey Sandwich

Fish Sticks 5
Corn
Brown Rice
Fruit Juice
Milk

Cheese Ravioli 6
Green Beans
Fruit Juice
Milk

No Meal 7

Chicken Sandwich 8
on Bun
Mixed Vegetable
Fruit Juice
Milk

Pizza 9
Ziti
Turkey Sandwich

Baked Ziti 12
Green Beans
Fruit Juice
Milk

BBQ Chicken 13
Corn
Sweet Potatoes
Fruit Juice
Milk

Burger on Bun 14
Mixed Vegetable
Baked Beans
Fruit Juice
Milk

Chicken Nuggets 15
Peas
Roasted Potatoes
Fruit Juice
Milk

Pizza 16
Ziti
Turkey Sandwich

Teriyaki Chicken 19
Broccoli
Brown Rice
Fruit Juice
Milk

Swedish Meatballs 20
Carrots
Mash Potatoes
Fruit Juice
Milk

Chicken Nuggets 21
Corn
Mac and Cheese
Fruit Juice
Milk

Penne with Meatballs 22
Mixed Vegetable
Fruit Juice
Milk



Winter 26

Break 27

- 28

No 29

School 30

Weekly Schedule of Alternative Lunch Options

December 5th-9th

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders & Mixed Vegetables</i>

December 12th -16th

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Meatballs with Pasta</i>

December 19th -23rd

<i>Turkey & Cheese Sandwich</i>
<i>Caesar Salad</i>
<i>Vegan Chicken Tenders & Mixed Vegetables</i>