

Teaneck Community Charter School Menu: **OCTOBER 2023**

2	3	4	5
*Hamburger w/ bun *French fries *Buttery Sweet Corn V:Vegetarian Burger	*Vegetable Lasagna *Garlic Bread *Broccoli w/ garlic & EVOO	Breakfast for Lunch: *Boiled Eggs *Sausage Links *Home Fries *French Toast Sticks w/ PC syrup & butter	*Beef empanadas *Yellow rice *Bean sauce w/ roasted veggies V:Spinach & Cheese Empanada
9	10	11	12
CLOSED/HALF DAY	*Grilled Cheese w/ tomato *Oven Roasted potatoes *Mixed Vegetables	*Pepperoni Pizza Egg Rolls *Tomato Rice *Peas V:Vegetable Spring Rolls	*Chicken Nuggets *French Fries *Buttery Sweet Corn V:Vegetarian Chicken Fingers
16	17	18	19
*Broiled Hot Dogs w/ buns *French Fries *Baked Beans V:Vegetarian Meatballs	*Italian Sausage on potato bun *Oven roasted potatoes *Caramelized onions, peppers, and tomatoes V:Vegetarian Sausage	*BBQ Salisbury Steaks *Oven Roasted Potatoes *Cut green beans V:BBQ Vegetarian Chicken Fingers	*Penne Carbonara/no peas *Garlic Bread *Peas V:Past Carbonara no bacon
23	24	25	26
*General Tso's Crispy Boneless Wings *Steamed Brown Rice *Spring Roll *Stir fry veggies V:Vegetable Spring Rolls	*BBQ Pulled Pork *Tater tots *Glazed Baby Carrots V:BBQ Meatballs	*Cheese Quesadillas *Yellow Rice *Roasted Onions, peppers, & tomatoes	*Jamaican Beef Patties *Coco Bread *Bean Sauce w/ roasted veggies V:Vegetarian Patty
30	31		
Breakfast for lunch: *Scrambled Eggs *Sausage Patties *Home Fries *French Toast Sticks w/ pc butter/syrup	*Mandarin Glazed Chicken *Veggie Fried Rice *Asian Vegetable Medley V:Vegetable Potsticker		

*Everyday Sandwich options: Turkey, Ham, OR Cheese; * Everyday salad options: Garden or Caesar

Friday Options: Pizza, Ziti, or Turkey Sandwich from Right Pizza

All orders must be placed online at www.payforit.net

Order Deadline: Tuesday, 9/26/23

FIELD TRIPS:

10/4 (Grades 7 & 8)

10/5 (Grades 3 & 4)

10/6 (Grades 7 & 8)

10/13 (Grade 2)