


**October 2022
Colorado Springs
Charter Academy**








**K-5
Lunch Menu**

**National School
Lunch Week
Oct 10-14**

Meal Prices	
Reduced	Free
Full Pay K-5	\$2.95
Adult	\$4.25
White Milk	\$.65
Chocolate Milk	\$.75

Fruits, vegetables, milk and water offered daily.
Menu is subject to change with no notice.

 - contains pork
V — vegetarian option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
V Bean & Cheese Burrito Or *V* Banana or Pumpkin Bread with Hard-Boiled Egg	Orange Chicken With Rice Or *V* Peanut Butter & Jelly Sandwich	*V* Cheese or Pepperoni Pizza Or Ham & Cheese Sandwich	Oh So Sloppy Joe Or *V* Yogurt, Cheese Stick & Zee Zee's Bar	
10	11	12	13	14
Maple Waffles & Lil' Beef Smokies Or Turkey & Cheese Sandwich	*V* Cheese Nachos Or *V* Peanut Butter & Jelly Sandwich	*V* Cheese or Pepperoni Pizza Or *V* Yogurt, Cheese Stick & Goldfish Pretzels	 BBQ Pork Sandwich Or *V* Cream Cheese Filled Bagel & Hard-Boiled Egg	Chicken Bites & Goldfish Crackers Or Turkey & Cheese Sandwich
17	18	19	20	21
All Beef Hot Dog on a Whole Grain Bun Or *V* Banana or Pumpkin Bread with Hard-Boiled Egg	Breaded Chicken Sandwich Or *V* Peanut Butter & Jelly Sandwich	*V* Cheese or Pepperoni Pizza Or Ham & Cheese Sandwich	Taco Quesadilla Or *V* Fruit Muffin With Cheese Stick Yogurt	*V* Yum Yum Mac & Cheese Or Ham & Cheese Sandwich
24	25	26	27	28
V Bosco Sticks With Pizza Sauce Or Turkey and Cheese Sandwich	BBQ Chicken Drumstick w/Roll Or *V* Peanut Butter & Jelly Sandwich	*V* Cheese or Pepperoni Pizza Or *V* Yogurt, Cheese Stick & Goldfish Pretzels		
 31				
V Bean & Cheese Burrito Or *V* Banana or Pumpkin Bread with Hard-Boiled Egg				