

# Natomas Charter School (E. Commerce) Lunch Menu

Lunch - \$3.00 (includes milk) • Breakfast - \$2.00 (includes milk) • Milk - \$.25

## OCTOBER 2011

To put funds in your child's account, please see Aimee Wells at the front office.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Oct. 3-7: WCSMS-FALL BREAK NCS STAR ACADEMY IN SESSION. All Natural Bean and Cheese Burrito with Baby Carrots and Fresh Fruit	Spaghetti Marinara with Vegetarian Meat Sauce White Beans, Steamed Carrots and Fresh Fruit	Chicken and Cheese Enchilada with Red Sauce with Spanish Rice, Steamed Corn and Fresh Fruit	Pasta with Parmesan White Beans, Steamed Carrots and Fresh Fruit	All Natural, Boneless BBQ Chicken with Brown Rice, Braised Greens and Fresh Fruit
10	11	12	13	14
Cheeseburger on a Fresh Baked Bun Organic Ketchup, Baby Carrots and Fresh Fruit <b>VEGETARIAN OPTION:</b> Vegetarian Chef Salad with Romain Lettuce, Ranch Dressing, Whole Wheat Dinner Roll and Fresh Fruit	Spaghetti Marinara with All Natural Meatballs Steamed Carrots and Fresh Fruit <b>VEGETARIAN OPTION:</b> Veggie Chili with Cheese, Whole Wheat Dinner Roll and Fresh Fruit	Cheesy Chicken Quesadilla with Hot Sauce, Baby Carrots and Fresh Fruit <b>VEGETARIAN OPTION:</b> Bean and Cheese Quesadilla with Hot Sauce, Baby Carrots and Fresh Fruit	Chicken Pasta Alfredo with Fresh Butternut Squash and Fresh Fruit <b>VEGETARIAN OPTION:</b> Pasta Alfredo with White Beans, Fresh Butternut Squash and Fresh Fruit	Macaroni and Cheese with Baked Beans, Baby Carrots and Fresh Fruit
17	18	19	20	21
Handmade Cheese Tamale with Seasoned Black Beans, White Rice, Steamed Corn and Fresh Fruit	Chicken Parmesan with Alfredo Fusilli Pasta, Fresh Steamed Broccoli and Fresh Fruit <b>VEGETARIAN OPTION:</b> Spaghetti Marinara with Vegetarian Meat Sauce, White Beans, Steamed Carrots and Fresh Fruit	Cheese Pizza with a Whole Wheat Crust Baby Carrots and Fresh Fruit	Beef Soft Taco with Cheese Hot Sauce, Spanish Rice, Steamed Zucchini Squash and Fresh Fruit <b>VEGETARIAN OPTION:</b> Organic Cheese Sandwich on a Fresh Baked Roll with Green Leaf Lettuce, Honey Roasted Soy Nuts and Fresh Fruit	All Natural Chili Dog with Cheese on a Fresh Baked Bun Honey Roasted Soy Nuts, Steamed Corn and Fresh Fruit <b>OR: Chicken Caesar Salad, Cheddar Goldfish Crackers and Fresh Fruit</b> <b>VEGETARIAN OPTION:</b> Fiesta Bowl with Cheese, Steamed Corn, Sea Salt Pita Chips and Fresh Fruit
24	25	26	27	28
Pasta Alfredo with White Beans, Fresh Butternut Squash and Fresh Fruit	Bean and Cheese Quesadilla with Hot Sauce, Baby Carrots and Fresh Fruit	Cheese Pizza with a Whole Wheat Crust Baby Carrots and Fresh Fruit <b>OR: Chicken Caesar Salad, Cheddar Goldfish Crackers and Fresh Fruit</b>	Pasta With Zesty Beef and Cheese Steamed Corn and Fresh Fruit <b>VEGETARIAN OPTION:</b> Macaroni and Cheese with Baked Beans, Baby Carrots and Fresh Fruit	Cheese Enchilada With Red Sauce Spanish Rice, Steamed Corn and Fresh Fruit
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Cheeseburger on a Fresh Baked Bun Organic Ketchup, Baby Carrots and Fresh Fruit	<b>VEGETARIAN OPTION:</b> Pasta Marinara w/ Parmesan, White Beans, Steamed Carrots and Fresh Fruit			