Promise Charter School Lunch Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1- Popcorn Chicken w\Pretzel Rod 2-Chicken Caesar Salad w\Roll **Baked Beans**	2 1-Cheese Stuffed Breadstick **Green Beans**
5 1-Chicken Nuggets w\Pretzel Rod **Green Beans**	6 1-Walking Nachos 2-Chef Salad w\Roll Seasoned Black Beans	7 1-French Toast Sticks with Sausage Glazed Carrots	8 1-Chicken Quesadilla 2-Chef Salad w\Roll Steamed Corn	9 Half Day All alternates except #9 Broccoli w/Ranch
12 	13 1-Pizza Quesadilla 2-Buffalo Chicken Salad w\Roll Steamed Corn	14 1-Asian Sesame Chicken over Rice Steamed Broccoli	15 1-Meatball Sandwich 2-Buffalo Chicken Salad w\Roll Baked Beans	16 1-Double Dog Glazed Carrots
19 1-Pasta with Meat Sauce Green Beans	20 1-Beef Soft Tacos 2-Chicken Caesar Salad w\Roll Refried Beans Lettuce & Tomato	21 1-Chicken Parmesan Sandwich Glazed Carrots	22 1-Italian Toaster Sandwich 2-Chicken Caesar Salad w\Roll Steamed Corn	23 1-Chicken Drum Stick & Eggo Waffle Broccoli
26 1-Chicken Patty Sandwich Steamed Corn	27 1-Walking Nachos 2-Garden Salad w\Roll Seasoned Black Beans	28 1-Chicken Alfredo over Penne with Pretzel Rod Steamed Broccoli	29 1-Grilled Cheese Sandwich 2-Gardem Salad w\Roll **Tomato Soup** **Green Pepper Strips**	30 1-Buffalo Chicken Flatbread **Green Beans**

MAKE IT A MEAL!
Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$0.00
Adult	$0.00

Fruit & Veggie Selection
Seasonal fresh fruits & vegetables
canned fruit in light syrup
100% fruit juice

Students may choose two ½ cup servings.

Milk Selection - 1% white, fat free-white, fat-free chocolate

Your Dining Services Team
Tom King
Food Service Director
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Daily Alternates
(V) Vegetarian

3- Italian Hoagie
4-Tuna Sandwich
5- Ham & Cheese Sandwich
6- Uncrustable PB & J (V)
7- Yogurt Parfait
8- Spicy Chicken Patty
9- Cheese Pizza (V)

(V) Vegetarian

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz MANAGEMENT, INC. ENVIRONMENTAL SERVICES