BULLIS CHARTER SCHOOL

AUGUST 2023

Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 No meal service	2 No meal service	3 No meal service	4 No meal service
7 No meal service	8 No meal service	9 No meal service	10 No meal service	11 No meal service
14 No meal service	15 - Mr. Mike's Bbq Chicken Sandwich - Pasta Primavera - Athenian Chicken Salad w/Pita	16 - Chicken Calzone - Cheesy Breadsticks W/ Marinara - Pesto Caprese Salad	17 - Breaded Chicken Sandwich- Mac And Cheese- Farmers Market Egg SaladW/ Roll	18 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/Roll
 21 - Cheeseburger - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheddar Sandwich - Chicken Pesto Wrap 	22 - Beef Hot Dog - Pasta W/ Marinara & Mozzarella - Bagel Kit - Turkey & Cheese On Dutch Crunch	23 - Spaghetti W/ Beef Meatsauce - Bean & Cheese Burrito - Chicken Bacon Ranch Salad W/ Roll - Smoked Chicken Wrap	24 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara - Tuna Sandwich - Chicken Caesar Wrap	25 - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
28 - Chicken Burrito - Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap	29 - Chicken Corn Dog - Minestrone Soup W/ Roll - Bagel Kit - Italian Deli Sub	 30 - Sweet And Sour Chicken - Cheesy Bean Dip W/ Tortilla Chips - Farmers Market Chicken Salad W/ Roll - Breaded Chicken Wrap 	31 - Chicken Parmesan On AFrench- Mac And Cheese- Breaded Chicken Salad- Egg Salad Sandwich	

Drinks

1% Milk, Nonfat Milk



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS





VEGAN







BULLIS CHARTER SCHOOL

AUGUST 2023

Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 No meal service	2 No meal service	3 No meal service	4 No meal service
7 No meal service	8 No meal service	9 No meal service	10 No meal service	11 No meal service
14 No meal service	15 - Breakfast Muffins	16 - Bagel W/ Cream Cheese	17 - Yogurt W/ Grahams	18 - Cherry Frudel
	- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal
21 - Breakfast Scones	22 - Breakfast Muffins	23 - Cheesy Cornbread Muffin	24 - Apple Cinnamon Frudel	25 - Sunbutter & Jelly Sandwich
- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal
28 - Breakfast Scones	29 - Hard Boiled Egg W/ Muffin	30 - Bagel W/ Cream Cheese	31 - Yogurt W/ Grahams	
- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal	- Breakfast Cereal	

Drinks

1% Milk, Nonfat Milk



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS











BULLIS CHARTER SCHOOL

AUGUST 2023

Vegan / Gluten Free Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 No meal service	2 No meal service	No meal service	4 No meal service
7 No meal service	8 No meal service	9 No meal service	No meal service	11 No meal service
14 No meal service	15 - Vegan Spanish Beans W/ Rice	16 - Vegan Fried Rice	17 - Vegan Black Bean Bowl	18 - Vegan Three Bean Chili W/ Tortilla Chips
21 - Myo Vegan Tacos	22 - Vegan Red Beans & Rice	23 - Vegan Chickpea Tikka Masala	24 - Vegan Pinto Pozole W/ Tortilla Chips	25 - Vegan Spanish Beans W/ Rice
28 - Vegan Fried Rice	29 - Vegan Black Bean Bowl	30 - Vegan Three Bean Chili W/ Tortilla Chips	31 - Myo Vegan Tacos	

Drinks

1% Milk, Nonfat Milk



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS





VEGAN



Lunch Menu



Tuesday 15 Mr. Mike's Bbq Chicken Sar Pasta Primavera Athenian Chicken Salad W/Bagel Kit Wednesday 16 Chicken Calzone Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffir Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese Farmers Market Egg Salad	Wheat, Milk, Soy Pita Milk, Chicken, Wheat, Tomato, Pork Wheat, Milk Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame inara Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Pasta Primavera Athenian Chicken Salad W/ Bagel Kit Wednesday 16 Chicken Calzone Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Milk, Soy Pita Milk, Chicken, Wheat, Tomato, Pork Wheat, Milk Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame inara Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Athenian Chicken Salad W/ Bagel Kit Wednesday 16 Chicken Calzone Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Pita Milk, Chicken, Wheat, Tomato, Pork Wheat, Milk Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame inara Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Wednesday 16 Chicken Calzone Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffir Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Milk Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Wednesday 16 Chicken Calzone Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame inara Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Sesame Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Cheesy Breadsticks W/ Mar Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	inara Wheat, Soy, Milk, Tomato Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Yogurt Berry Parfait & Muffin Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Egg, Milk, Soy Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Pesto Caprece Salad Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Milk, Tomato Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk Wheat, Milk Wheat, Egg, Soy, Milk
Thursday 17 Breaded Chicken Sandwich Mac And Cheese	Wheat, Soy, Milk, Chicken, Sesame Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
Mac And Cheese	Wheat, Milk W/ Roll Wheat, Egg, Soy, Milk
	W/ Roll Wheat, Egg, Soy, Milk
Farmers Market Egg Salad	
r armore market Egg Calaa	Hoagie Wheat Milk Turkey
Turkey And Cheddar On A H	What, with, rancy
Friday 18 Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
Cheese Pizza	Wheat, Soy, Milk, Tomato
Chicken Caesar Salad W/ R	Milk, Chicken, Wheat, Egg, Soy, Fish
Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
Monday 21 Cheeseburger	Beef, Milk, Wheat, Soy
Broccoli Cheddar Potato Bo	, , , , , , , ,
Turkey And Cheddar Sandw	· ·
Chicken Pesto Wrap	Chicken, Wheat, Milk, Soy
Tuesday 22 Beef Hot Dog	Wheat, Beef, Soy
Pasta W/ Marinara & Mozza	rella Wheat, Egg, Milk, Tomato
Bagel Kit	Wheat, Milk
Turkey & Cheese On Dutch	Crunch Turkey, Wheat, Milk
Wednesday 23 Spaghetti W/ Beef Meatsaud	ce Wheat, Egg, Beef, Milk, Tomato, Soy
Bean & Cheese Burrito	Milk, Wheat, Soy
Chicken Bacon Ranch Salad	d W/ Roll Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
Smoked Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
Thursday 24 Chicken Nuggets W/ Rice P	ilaf Chicken, Soy, Wheat, Milk, Egg
Cheese Ravioli W/ Marinara	Egg, Milk, Wheat, Tomato
Tuna Sandwich	Wheat, Egg, Fish, Soy
Chicken Caesar Wrap	Wheat, Chicken, Milk, Egg, Fish
Friday 25 Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
Cheese Pizza	Wheat, Soy, Milk, Tomato
Asian Chicken Wrap	Wheat, Soy, Milk, Chicken, Sesame
Santa Fe Chicken Salad	Chicken, Milk, Tomato, Soy, Egg



Lunch Menu



Date	Menu Item	Allergens
Monday 28	Chicken Burrito	Milk, Chicken, Wheat, Tomato
	Red Beans & Rice	Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
Tuesday 29	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Minestrone Soup W/ Roll	Tomato, Wheat, Soy, Milk, Egg
	Bagel Kit	Wheat, Milk
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
Wednesday 30	Sweet And Sour Chicken	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Farmers Market Chicken Salad W/ Roll	Wheat, Soy, Egg, Milk, Chicken
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
Thursday 31	Chicken Parmesan On A French	Wheat, Soy, Milk, Tomato, Chicken
	Mac And Cheese	Wheat, Milk
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy





Breakfast Menu



Date	Menu Item		Allergens
Tuesday 15	Breakfast Muffins		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 16	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 17	Yogurt W/ Grahams		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 18	Cherry Frudel		Wheat, Soy, Egg, Milk
-	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
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Monday 21	Breakfast Scones		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Tuesday 22	Breakfast Muffins		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 23	Cheesy Cornbread Muffin		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 24	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Friday 25	Sunbutter & Jelly Sandwich		Wheat, Soy
•	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Manday 20	Ducalifact Course		Wheat Cov Fac Mills
Monday 28	Breakfast Scones Breakfast Cereal		Wheat Soy, Milk Pork Roof
	Dieakiast Cereai		Wheat, Soy, Milk, Pork, Beef
Tuesday 29	Hard Boiled Egg W/ Muffin		Milk, Soy, Wheat, Egg
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Wednesday 30	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
Thursday 31	Yogurt W/ Grahams		Wheat, Soy, Milk
•	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef



Vegan / Gluten Free Menu



Date	Menu Item		Allergens
Tuesday 15	Vegan Spanish Beans W/ Rice		Tomato, Soy
Wednesday 16	Vegan Fried Rice	V	Soy, Sesame
Thursday 17	Vegan Black Bean Bowl	V	Tomato, Soy
Friday 18	Vegan Three Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Monday 21	Myo Vegan Tacos	V	Soy
Tuesday 22	Vegan Red Beans & Rice		Tomato
Wednesday 23	Vegan Chickpea Tikka Masala	V	Tomato, Soy
Thursday 24	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
Friday 25	Vegan Spanish Beans W/ Rice		Tomato, Soy
Monday 28	Vegan Fried Rice	V	Soy, Sesame
Tuesday 29	Vegan Black Bean Bowl	V	Tomato, Soy
Wednesday 30	Vegan Three Bean Chili W/ Tortilla Chips	V	Tomato, Soy
Thursday 31	Myo Vegan Tacos	V	Soy



