



*Westminster Community Charter School
Lunch Menu for the Week of June 14, 2010*

Student Lunch

Monday

Turkey Hot Dog on a Roll
Baked Beans
Tuna & Macaroni Salad
Assorted Fruit & Assorted Low-Fat Milk

Tuesday

Baked Pizza
Chef's Salad
Assorted Fruit & Assorted Low-Fat Milk

Wednesday

Chicken Fajita with Wheat Shell
Lettuce & Cheese Cup
Steamed Corn
Assorted Fruit & Assorted Low-Fat Milk

Thursday

Wheat Spaghetti with Meat Sauce
Wheat Dinner Roll
California Blend Veggies
Assorted Fruit & Assorted Low-Fat Milk

Friday

Egg & Cheese Patty on a Wheat Roll
Carrot Sticks with Dip
Assorted Fruit & Assorted Low-Fat Milk

Faculty Lunch

Chicken Salad Veronique
with Green Grapes
Cold Cucumber & Mint Soup

Spinach/Cheese Enchiladas
Gazpacho
Fried Tortilla Wedges

Pesto & Spinach Lasagne
Arugula, Red Onion &
Sliced Fennel Salad with
Olive Oil & Lemon Juice

Jamaican Jerk Chicken
Red Beans & Rice
Baked Plantains

Veggie Pizza with
Chef's Salad