

ROYAL DINING CATERING
COMING TO ARIZONA
CHARTER ACADEMY'S
LUNCHROOM



Royal Dining Catering Benefits

- Completely fresh, nothing ever frozen and always prepared day the of
- Health conscious and multi cultural menu with lots of fruits and salads
 - All meals are planned by Registered Dietetians

Menu Highlights

Chicken and Turkey Panini

Vegetarian Lasagna with Green Salad

Baked Chicken with Green Salad and Roll

Chile con Carne over Rice

Turkey Breast Mashed Potatoes, Gravy and Roll

Chicken Fettuccini Alfredo with Green Salad

Beef and Vegetable Taco Salad

Chicken Teriyaki & Vegetables over Rice

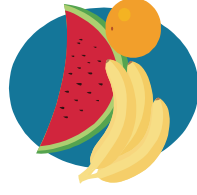
Spaghetti with Meat Sauce and Green Salad

Chicken Quesadilla with Green Salad and Rice



Arizona Charter Academy

Purpose, Character and Excellence in Education...



August 2010 Menu

Day	Date	Breakfast	Lunch
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Served with Fresh Fruit & Milk

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Monday	8/9/2010	Banana Muffin with Yogurt	Chicken Fettuccini Pasta Alfredo w/Green Salad
Tuesday	8/10/2010	Bagel with Cream Cheese	Teriyaki Chicken on Bun with Coleslaw
Wednesday	8/11/2010	Pancakes and sausage	Turkey Sandwich w/Veggie Pasta Salad & Fruit
Thursday	8/12/2010	Grilled Cheese on Wheat	B.B.Q Chicken Breast with Green Salad & Roll
Friday	8/13/2010	Cold Cereal & Banana	Baked Beef & Veg. Pasta Casserole w/ Green Salad & Roll

Monday	8/16/2010	Blue Berry Muffin & String Cheese	Spaghetti with Meat Sauce Served with Green Salad
Tuesday	8/17/2010	Bagel with Cream Cheese	Chicken and Vegetables Taco Salad Served w/ Rice
Wednesday	8/18/2010	Cinnamon French Toast	EARLY RELEASE - NO LUNCHES
Thursday	8/19/2010	Egg & Cheese on English Muffin	Hot Dog with Green Salad and Fruit
Friday	8/20/2010	Cold Cereal & Banana	Chicken Quesadilla w/Green Salad and Rice

Monday	8/23/2010	Banana Muffin with Yogurt	Lemon Pepper Chicken Breast with Green Salad and Rice
Tuesday	8/24/2010	Bagel with Cream Cheese	Baked Beef & Veg. Pasta Casserole w/ Green Salad & Roll
Wednesday	8/25/2010	Pancakes with Sausage	B.B.Q Chicken Breast with Coleslaw and Roll
Thursday	8/26/2010	Fruit Parfait w/ Graham Crackers	Turkey w /Mashed Potatoes Gravy and Corn Bread
Friday	8/27/2010	Cold Cereal & Banana	Chicken & Vegetables Teriyaki over White Rice

Monday	8/30/2010	Coffee Cake with String Cheese	Spaghetti and Meat Sauce with Green Salad
Tuesday	8/31/2010	Bagel with Cream Cheese	Chicken Taco Salad Served with Spanish Rice

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