



South Shore Charter School  
SOUTHSHORECS-D1-10-2025  
Breakfast - Hot , October 2025



South Shore  
Charter School

		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	Cinnamon Bun 100% Grape Juice Diced Peaches 1% Milk Chocolate Skim Milk	Turkey Sausage Pancake Griddle Sandwich 100% Orange Tangerine Juice Applesauce 1% Milk Chocolate Skim Milk	No Menu Available
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
No Menu Available	Cheesy Biscuit 100% Apple Juice Mixed Fruit 1% Milk Chocolate Skim Milk	Apple Frudel 100% Grape Juice Diced Peaches 1% Milk Chocolate Skim Milk	WG French Toast Syrup 100% Orange Tangerine Juice Applesauce 1% Milk Chocolate Skim Milk	No Menu Available
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
No Menu Available	Breakfast Pizza 100% Apple Juice Mixed Fruit Chocolate Skim Milk 1% Milk	WG Waffles Syrup 100% Grape Juice Diced Peaches Chocolate Skim Milk 1% Milk	Cinnamon Bun 100% Orange Tangerine Juice Applesauce Chocolate Skim Milk 1% Milk	No Menu Available
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
No Menu Available	Apple Frudel 100% Apple Juice Mixed Fruit Chocolate Skim Milk 1% Milk	Sunrise Breakfast Calzone 100% Grape Juice Diced Peaches 1% Milk Chocolate Skim Milk	WG Pancakes Syrup 100% Orange Tangerine Juice Applesauce 1% Milk Chocolate Skim Milk	No Menu Available
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
No Menu Available	Dutch Waffle Syrup 100% Apple Juice Mixed Fruit 1% Milk Chocolate Skim Milk	Cinnamon Bun 100% Grape Juice Diced Peaches 1% Milk Chocolate Skim Milk	Turkey Sausage Pancake Griddle Sandwich 100% Orange Tangerine Juice Applesauce 1% Milk Chocolate Skim Milk	No Menu Available

\* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.



South Shore Charter School  
SOUTSHORECS-D1-10-2025  
Breakfast - Cold , October 2025



South Shore  
Charter School

		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	<b>WG Frosted Corn Flakes Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Plain Bagel Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Apple Cinnamon Cheerios Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
<b>Cinnamon Bar Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Strawberry Yogurt Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Cinnamon Raisin Bagel w/ ButterH Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Honey Cheerios Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Choc Chip Muffin Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
No Menu Available	<b>Strawberry Yogurt Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Reduced Sugar Trix Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Plain Bagel Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Cherry Cocoa Bar Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
<b>Cinnamon Bar Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Strawberry Yogurt Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Cinnamon Raisin Bagel w/ ButterR Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Reduced Sugar Cocoa Puffs GrabB &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>ueberry Muffin Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
<b>Banana Muffin Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>Strawberry Yogurt Grab &amp; Go Meal Kit</b> Chocolate Skim Milk 1% Milk	<b>WG Frosted Corn Flakes Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Plain Bagel Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk	<b>Apple Cinnamon Cheerios Grab &amp; Go Meal Kit</b> 1% Milk Chocolate Skim Milk

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South Shore Charter School  
SOUTHSHORECS-D1-10-2025  
K-8 Lunch A , October 2025



South Shore  
Charter School

		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	Macaroni & Cheese and Steamed Broccoli Fresh Apple 1% Milk Chocolate Skim Milk	Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Marinara Sauce Fresh Banana Chocolate Skim Milk 1% Milk	Cheese Pizza Ranch Dressing Raisins 1% Milk Chocolate Skim Milk Fresh Garden Side Salad
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Orange 1% Milk Chocolate Skim Milk	Breaded Chicken Tenders & Roasted Potatoes Ketchup Fresh Pear 1% Milk Chocolate Skim Milk	Turkey Hot Dog on WG Bun Ketchup Fresh Apple 1% Milk Chocolate Skim Milk Baked Beans	Cheese Lasagna w/ Tomato Sauce & Steamed Green Beans Fresh Banana 1% Milk Chocolate Skim Milk	Cheese Pizza Ranch Dressing Raisins 1% Milk Chocolate Skim Milk Fresh Baby Carrots
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
No Menu Available	Chicken Nuggets & Baked Beans Ketchup Fresh Pear Chocolate Skim Milk 1% Milk	Beef Enchilada Ranch Dressing Fresh Apple 1% Milk Chocolate Skim Milk Fresh Garden Side Salad	Butter Chicken w/ Brown Rice & Peas Fresh Banana Chocolate Skim Milk 1% Milk	Cheese Pizza Ranch Dressing Raisins 1% Milk Chocolate Skim Milk Fresh Baby Carrots
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Turkey Hot Dog on WG Bun Ketchup Fresh Orange Chocolate Skim Milk 1% Milk Baked Beans	General Tso's Chicken w/ Brown Rice & Steamed Broccoli Fresh Pear Chocolate Skim Milk 1% Milk	French Toast w/ Scrambled Eggs Syrup Fresh Apple 1% Milk Chocolate Skim Milk Roasted Sweet Potatoes	Salisbury Steak w/ Gravy & Roasted Potatoes WG Bun Fresh Banana Chocolate Skim Milk 1% Milk	Cheese Pizza Ranch Dressing Applesauce Chocolate Skim Milk 1% Milk Fresh Baby Carrots
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Meatloaf w/ Gravy & Mashed Potatoes WG Bun Fresh Orange 1% Milk Chocolate Skim Milk	Breaded Chicken Patty on WW Bun BBQ Sauce Fresh Pear Chocolate Skim Milk 1% Milk Baked Beans	Macaroni & Cheese and Steamed Broccoli Fresh Apple 1% Milk Chocolate Skim Milk	Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Marinara Sauce Fresh Banana 1% Milk Chocolate Skim Milk	Cheese Pizza Ranch Dressing Raisins 1% Milk Chocolate Skim Milk Fresh Garden Side Salad

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South Shore Charter School  
SOUTHSHORECS-D1-10-2025  
K-8 Lunch B , October 2025



South Shore  
Charter School

		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	Veggie Burger on WW Bun Ketchup Ranch Dressing Fresh Apple 1% Milk Chocolate Skim Milk Fresh Baby Carrots	Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots Fresh Banana Chocolate Skim Milk 1% Milk	Chicken Caesar Salad Ranch Dressing Pita Bread Raisins Chocolate Skim Milk 1% Milk
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Orange 1% Milk Chocolate Skim Milk	Protein Pasta Alfredo & Steamed Green Peas Whole Grain Bread Fresh Pear Chocolate Skim Milk 1% Milk	Spanish Rice w/ Cheese & Beans Fresh Apple Chocolate Skim Milk 1% Milk	Southwest Chicken Salad Pita Bread Ranch Dressing Fresh Banana Chocolate Skim Milk 1% Milk	Chicken Breast Sandwich Mayonnaise Ranch Dressing Raisins Chocolate Skim Milk 1% Milk Fresh Baby Carrots
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
No Menu Available	Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes Fresh Pear 1% Milk Chocolate Skim Milk	Cobb Salad WG Corn Muffin Ranch Dressing Fresh Apple 1% Milk Chocolate Skim Milk	Veggie Burger on WW Bun Mayonnaise Fresh Banana 1% Milk Chocolate Skim Milk Roasted Potatoes	Chicken Salad Flatbread Sandwich Ranch Dressing Raisins 1% Milk Chocolate Skim Milk Fresh Baby Carrots
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Spanish Rice w/ Cheese & Beans Fresh Orange 1% Milk Chocolate Skim Milk	Macaroni & Cheese and Steamed Broccoli Fresh Pear 1% Milk Chocolate Skim Milk	Cheeseburger on WW Bun Ketchup Fresh Apple Chocolate Skim Milk 1% Milk Roasted Sweet Potatoes	Bean & Cheese Burrito Fresh Banana Chocolate Skim Milk 1% Milk Street Corn	Turkey & Cheese Sandwich Ranch Dressing Mayonnaise Applesauce 1% Milk Chocolate Skim Milk Fresh Baby Carrots
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Cheese Quesadilla Fresh Orange 1% Milk Chocolate Skim Milk Street Corn	Spanish Rice w/ Cheese & Beans Fresh Pear 1% Milk Chocolate Skim Milk	Veggie Burger on WW Bun Ranch Dressing Ketchup Fresh Apple Chocolate Skim Milk 1% Milk Fresh Baby Carrots	Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots Fresh Banana Chocolate Skim Milk 1% Milk	Chicken Caesar Salad Pita Bread Ranch Dressing Raisins 1% Milk Chocolate Skim Milk

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South Shore Charter School  
SOUTHSHORECS-D1-10-2025  
Snack Upper , October 2025



South Shore  
Charter School

		Wednesday 01	Thursday 02	Friday 03
No Menu Available	No Menu Available	100% Apple Juice WG Cheez-Its	WG Apple Cinnamon Muffin Cheese Stick	100% Orange Tangerine Juice WG Baked Cheetos
Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10
WG Banana Muffin 100% Apple Juice	WG Pretzels Cheese Stick	WG Honey Graham Crackers 100% Orange Tangerine Juice	WG Baked Cheetos 100% Fruit Punch Juice	Vanilla Yogurt Fresh Apple
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
No Menu Available	WG Cheez-Its Ranch Dressing Fresh Baby Carrots	100% Orange Tangerine Juice WG SunChips	Cheese Stick Fresh Apple	WG Honey Graham Crackers 100% Orange Tangerine Juice
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
100% Apple Juice WG Cheez-Its	WG Corn Muffin Cheese Stick	WG Honey Graham Crackers 100% Orange Tangerine Juice	Strawberry Banana Yogurt Fresh Apple	100% Fruit Punch Juice WG Tostitos
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
WG Honey Graham Crackers 100% Fruit Punch Juice	RF Cool Ranch Doritos 100% Orange Tangerine Juice	WG Cheez-Its 100% Apple Juice	WG Apple Cinnamon Muffin Cheese Stick	WG Pretzels 100% Orange Tangerine Juice

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