

Charles Drew Resource

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni and Cheese 234 cal
Wild White Nacho Dorito Chips 130 cal
Sweet Potato Crinkle Cut Fries 85 cal
Black Beans 85 cal
Mixed Fruit Cup 80 cal
Fresh Pears 75 cal

Latin Style Black Beans w/ Brown Rice 85 cal
Brown Rice 56 cal
Street Corn 138 cal
Frozen Rips 60 cal
Strawberry Kiwi 60 cal
Fresh Apples 68 cal

Boneless Chicken Wings 161 cal
Mini Waffles 45 cal
Tater Tots 58 cal
Steamed California Blend Vegetables 71 cal
Applesauce Cup 50 cal
Fresh Sliced Orange 66 cal

Chicken Caesar Wrap 198 cal
Fresh Baby Carrots, Snack Pack 23 cal
Potato Wedges 72 cal
Fresh Apple Slices 29 cal
Applesauce Cup 50 cal

Garlic Cheese Pizza 370 cal
Steamed California Blend Vegetables 35 cal
Steamed Broccoli 24 cal
Fruit Blend Juice 90 cal
Pineapple Wedges, Individually Wrapped 50 cal

No menu published

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No menu published

Chicken Nuggets 146 cal
Tortilla Scoop Chips 110 cal
Fresh Mini Sweet Peppers 13 cal
Mashed Potatoes 6 cal
Pineapple Wedges, Individually Wrapped 50 cal
Fruit Blend Juice 60 cal

Jamaican Beef Patty 227 cal
Steamed Spinach 96 cal
Baked Beans 75 cal
Fresh Apples 68 cal
Fruit Blend Juice 90 cal

Vegan, Chik'n Nuggets 224 cal
Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
Steamed California Blend Vegetables 35 cal
Fresh Apple Slices 29 cal
Fresh Banana (Ripe) 81 cal

Pizza Crunchers 327 cal
Baked Beans 150 cal
Fruit Blend Juice 90 cal
Fresh Banana (Ripe) 81 cal

Chicken, Tangerine 186 cal
Woodles Noodles 138 cal
Sweet Potato Wedges 77 cal
Mixed Vegetables 30 cal
Peach Cup 70 cal
Fresh Pears 75 cal

Beef & Cheese Taco Crisp 180 cal
Vegetable, Pepper & Onion 22 cal
Fajita Blend 85 cal
Black Beans 70 cal
Strawberry Applesauce Cup 33 cal
Fresh Sliced Orange 33 cal

Yogurt w/ Cheese & Crackers 387 cal
Savory Herb Crackers 90 cal
Potato Wedges 72 cal
Steamed Broccoli 49 cal
Fresh Sliced Orange 66 cal
Pears, Cup 70 cal

Beef A Roni 182 cal
Garlic Breadsticks 110 cal
Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
Triple Berry Blast Veggie Edge 60 cal
Applesauce Cup 50 cal
Fresh Pears 75 cal

Pull Apart Cheezy Beef Pepperoni Breadsticks 271 cal
Sweet Potato Crinkle Cut Fries 85 cal
Fruit Blend Juice 90 cal
Fresh Banana (Ripe) 81 cal

Vegan, Chik'n Nuggets 224 cal
Lo Mein 133 cal
Roasted Farm Fresh Green Beans 40 cal
Mixed Vegetables 15 cal
Frozen Whole Fruit Cup 77 cal
Fresh Pears 75 cal

Mexican Pizza 351 cal
Sweet Potato Wedges 153 cal
Applesauce Cup 50 cal
Fresh Pineapple Spear 43 cal

Cheeseburger on Bun 404 cal
Savory Herb Crackers 90 cal
Baked Beans 75 cal
Potato, Cajun Seasoned French Fries 104 cal

Chicken Parmesan over Penne Pasta 376 cal
Chicken Caesar Wrap 108 cal
Fresh Baby Carrots, Snack Pack 23 cal
Tossed Salad, w/Grape Tomatoes & Carrots, Shredde 17 cal
Smooth-Frozen SideKicks Theme Celebrations 75 cal
Fresh Apple Slices 29 cal

Garlic Cheese Pizza 370 cal
Steamed California Blend Vegetables 35 cal
Steamed Broccoli 24 cal
Fruit Blend Juice 90 cal

Served every day

 Milk