

Academy Charter Lunch

November 1 - November 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		fruit cup 1 W/G Chicken Fingers- 3 Green Beans - 1c. juice box Whole Grain Bread -1 choc. milk	2 chicken taco rice and black beans soft wrap Fresh Orange-1 choc . milk	fruit cup 3 french bread pizza salad juice box choc. milk jello
6 W/W Chicken & Cheese Quesadillas - 3 Mixed Vegetables - 1c. Fresh Apple - 1 choc. milk	7 1/2 day no lunch	8 1/2 day no lunch	9 school closed	10 school closed
fruit cup 13 Breaded Chicken Patty on a Whole Wheat Bun-1 Green Beans-1c. juice box choc. milk only choc. pudding	14 Beef Meatballs Parmigiana on W/G Sub Roll-1 Diced Carrots-1 1/4 c. Fresh Apple-1 choc. milk	15 fruit cup W/G Popcorn Chicken-3.8 oz. Seasoned Diced Potatoes - 1c. Whole Grain Bread -1 juice box choc. milk coffee cakes	16 fruit cup turkey and cheese kaiser roll fresh carrots chips and juice box choc. milk	17 fruit cup french bread pizza salad juice box choc. milk
fruit cup 20 cinn. french toast sticks sauage juice box syrup choc. milk jello	21 Beef Nachos with Cheddar Cheese Sauce-6 oz. Fresh Baby Carrots w/ Dip-1 1/4c W/G Tortilla Scoops-1 oz. banana choc. milk	22 1/2 day no lunch	23 Happy Thanksgiving!	24 school closed
fruit cup 27 jamaican beef patty rice juice box coffee cake choc. milk	28 All Beef Hamburger on Whole Wheat Bun - 1 with sliced cheese french fries choc.milk apple	29 fruit cup chicken fingers mac and cheese salad juice box choc .milk	30 beef bologna&cheese kaiser roll chips celery w/ dip Fresh Banana-1 choc. milk	