

Academy Charter Lunch

January 1 - January 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy New Year!	2 grilled chicken parm. green beans Whole Grain Bread - 1 Fresh Orange - 1 choc. milk	3 fruit cup W/G Chicken Fingers- 3 corn salad Whole Grain Bread -1 choc. milk cookies/ juice box	4 fruit cup turkey and cheese roll chips juice box celery sticks w/dip choc. milk	5 fruit cup french bread pizza salad juice box cookies choc. milk
8 bbq beef riblet roll cold cup macaroni salad Fresh Apple - 1 choc. milk	9 fruit cup spaghetti and meatballs w/ sauce salad dinner roll choc. milk choc. pudding	10 fruit cup Beef Meatloaf w/ Ketchup-3 oz. Roasted Potatoes-1c. Wheat Dinner Roll - 1 juice box choc. milk	11 fruit cup chicken salad Whole Grain Kaiser Roll-1 celery sticks w/dip chips juice box choc. milk	12 fruit cup W/W 3x5 Cheese Pizza - 2 Romaine Salad w/ Dressing-2c. juice box choc .milk cookies
15 school closed	16 Beef Meatballs Parmigiana on W/G Sub Roll-1 Diced Carrots-1 1/4 c. Fresh Apple-1 choc. milk jello	17 fruit cup W/G Popcorn Chicken-3.8 oz. Seasoned Diced Potatoes - 1c. Whole Grain Bread -1 juice box choc. milk	18 fruit cup beef nachos w/ cheese sauce scoop chips black bean and corn cold cup choc. milk juice box	19 fruit cup jamaican beef patty rice salad juice box choc. milk
22 1/2 day no lunch	23 1/2 day no lunch	24 1/2 day no lunch	25 1/2 day no lunch	26 1/2 day no lunch
fruit cup Chicken Fingers-3/4 c. mashed potatoes Whole Grain Bread - 1 juice box choc. milk	30 fruit cup salisbury steak w/ gravy mashed potatoes dinner roll juice box choc. milk	31 fresh banana fried chicken drumsticks mac and cheese salad Wheat Dinner Roll - 1 choc. milk		