

Academy Charter Lunch

February 1 - February 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 W/G Grilled Cheese Sandwich-1 Celery Sticks-1c. w/ Dip Fresh Banana -1 chips choc. milk	2 Tony's Pizza-4.5oz. Romaine Salad w/ Dressing-2c. fruit cup juice box choc. milk
5 W/G Chicken Fingers -3 mac. and cheese Fresh Orange-1 Whole Wheat Dinner Roll-1 choc. milk	6 fruit cup All Beef Hamburger on a Whole Wheat Bun - 1 french fries slice cheese juice box choc. milk	7 fruit cup chicken patty roll roasted potato juice box jello choc. milk	8 fruit cup Italian sub chips fresh carrots w/dip juice box choc. milk	9 fruit cup Jamaican beef patty rice salad juice box choc. milk
12 bkg beef riblet roll cold cup macaroni salad apple choc. milk jello	13 fruit cup Swedish meatballs mashed potato salad Whole Dinner Roll-1 choc. milk juice box	14 fruit cup grilled chicken parm. roll green beans juice box choc. milk	15 fruit cup turkey and cheese roll fresh carrots w/dip chips juice box choc. milk	16 school closed
19 school closed	20 W/G Grilled Cheese Sandwich-1 Fresh Baby Carrots w/ Dip-1 1/4c Fresh Apple -1 Milk-8 oz.	21 fruit cup grilled bkg chicken fillet on a bun mix vegetables juice box choc. milk	22 fruit cup turkey and cheese roll fresh carrots w/dip juice box choc. milk	23 fruit cup Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2 c. juice box choc. milk
26 Chicken Burger-3oz. on Wheat Hamburger Bun french fries banana choc. milk	27 fruit cup All Beef Hamburger on a Whole Wheat Bun-1 Sliced Carrots - 1 1/4c. slice cheese juice box choc. milk	28 fruit cup Terryakie Beef Dippers-3oz. com Wheat Dinner Roll - 1 juice box choc. milk	29 fruit cup Italian sub roll chips fresh carrots w/dip juice box choc. milk	

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			1 Mixed Fruit Cup -1/2c Orange Tangerine Juice - 4oz. Blueberry Muffin Flat - 3.1oz. Milk-8 oz.	2 fruit cup juice box W/G Strawberry Pop Tart-2pk Milk-8 oz.
5 Pineapple Cup - 1/2c 100% Apple Juice- 4oz.. co-co roos corn muffin Milk-8 oz.	6 Peach Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. frosted flakes W/G Vanilla Bear Grahams-1 Milk-8 oz.	7 Mandarin Orange Cup - 1/2c 100% OrangeTangerine Juice-4oz. W/G Apple Cinnamon Muffin Flat -3.1oz. Milk-8 oz.	8 fruit cup W/G Honey Scooters Cereal -1oz. W/G Chocolate Loaf - 2oz. Milk-8 oz.	9 Mixed Fruit Cup -1/2c 100% Grape Juice - 4oz. W/G Superdonut - 1 Milk-8 oz.
12 Fresh Apple-1 W/G Fruit Loops Cereal-1 oz. W/G Blueberry Muffin (regular muffin) Milk-8 oz.	13 fruit cup W/G Blueberry Pop Tart- 2pk juice box milk	14 fruit cup plain bagel w/ Cream Cheese - 1 juice box milk	15 Diced Peach Cup - 1/2c 100% Strawberry Kiwi Juice-4oz. W/G Krispy Rice Cereal -1oz. chocolate loaf Milk-8 oz.	16 school closed
19 school closed	20 fruit cup frosted flakes juice box cookies milk	21 Mixed Fruit Cup - 1/2c. 100% Fruit Punch - 4oz. W/G White Bagel w/ Cream Cheese - 1 Milk-8 oz.	22 fruit cup co-co roos Cereal - 1oz. choc. chip muffin Milk-8 oz.	23 Diced Pear Cup - 1/2c. 100% Strawberry Kiwi Juice -4oz. W/G Poffitz Pancakes-1
26 Diced Peach Cup - 1/2c. 100% Orange Juice - 4oz. Honey Scooters Cereal-1oz W/G Chat Snax-1 Milk-8 oz.	27 fruit cup juice box golden graham cereal cookies milk	28 fruit cup juice box superdonut Milk-8 oz.	29 Applesauce Cup -1/2c. Grape Juice - 4oz. Wheat Bagel w/ Cream Cheese Milk-8 oz.	