

Academy Charter Lunch

October 1 - October 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches,Pears, and Pineapple) MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas,Carrots,Corn,Green Beans	1 BBQ Beef Riblet on Wheat Hamburger Bun-1 Diced Carrots - 1 1/4c Fresh Apple-1 choc. milk	2 Chicken Burger on Wheat Hamburger Bun - 1 Vegetarian Beans - 1c Fresh Banana -1 choc. milk	3 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables-1c. Fresh Apple - 1 Whole Grain Bread - 1 choc. milk	4 Tony's Pizza-4.5oz. Romaine Salad w/ Dressing-2 c. Fresh Orange-1 choc. milk
7 W/G Chicken Fingers -3 Kidney Beans - 1c Fresh Orange - 1 Whole Wheat Dinner Roll-1 choc. milk	8 All Beef Hamburger on Wheat Hamburger Bun-1 Green Beans -1c. Fresh Pear -1 Whole Grain Bread - 1 choc. milk	9 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops-1 Fresh Baby Carrots-1 1/4w/Dip Fresh Banana -1 choc. milk	10 Grilled Chicken Fillet with Gravy - 3oz. French Fries - 1c. Fresh Apple - 1 Whole Grain Bread - 1 choc. milk	11 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2 c. Fresh Orange-1 choc. milk
14 school closed	15 Crispy Chicken Drummies-4 Refried Beans-1c. Fresh Apple-1 Wheat Dinner Roll-1 choc. milk	16 Spaghetti & Beef Meatballs w/ Sauce -3oz Mixed Vegetables-1c Fresh Banana -1 Whole Grain Bread - 1 choc.milk	17 W/G Sun Butter & Grape Jelly Uncrustable-1 Fresh Baby Carrotsw/ Dip 1 1/4c. Fresh Apple - 1 choc. milk	18 Tony's Pizza-4.5oz. Romaine Salad w/ Dressing-2 c. Fresh Orange-1 choc. milk
21 Macaroni & Cheese -6oz Black Bean & Corn Salad-1c Fresh Orange - 1 choc. milk	22 W/G Grilled Cheese Sandwich-1 Fresh Baby Carrots w/ Dip-1 1/4c Fresh Pear -1 choc.milk	23 Beef Meatloaf w/ Ketchup-3oz Mashed Potatoes-1 c. Fresh Orange-1 Whole Grain Bread - 1 choc.milk	24 Grilled BBQ Chicken Fillet on W/W Bun-1 Mixed Vegetables-1c Fresh Banana -1 choc. milk	25 Whole Wheat 3x5 Cheese Pizza-2 Romaine Salad w/ Dressing-2 c. Fresh Orange-1 choc.milk
28 Teriyaki Beef Dippers-3oz. Black Beans- 1c. Wheat Dinner Roll - 1 Fresh Apple -1 choc. milk	29 Crispy Chicken Drummies-4 Seasoned Diced Potatoes - 1c. Fresh Banana - 1 Wheat Dinner Roll-1 choc. milk	30 W/G Grilled Cheese Sandwich-1 Fresh Baby Carrots-1 1/4w/Dip Fresh Apple -1 choc. milk	31 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables-1c. Fresh Banana -1 Whole Grain Bread - 1 choc. milk	