



ACADEMY

IMAGINE. INVESTIGATE. INNOVATE.

Proudly served by Christian Catering

Lunch Menu for August 24 - September 22, 2020

Choice of Milk served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger on Whole Grain Bun Baked Beans Broccoli (fresh) w/Ranch Fruit 24	Chicken Poppers Baby Baker Potatoes Steamed Spinach Fruit 25	Cheese Dippers (WG) w/Marinara Corn Sliced Cucumbers w/Ranch Fruit 26	Crispy Chicken on Whole Grain Bun Sweet Potato Tots Celery w/ Ranch Fruit 27	Stuffed Crust Cheese Pizza Romaine Salad Cherry Tomatoes Fruit 28
Chicken Fingers Baby Carrots w/ Ranch Steamed Zucchini Roll (WG) Fruit 31	Crispitos Black Beans Cherry Tomatoes Fruit 1	Cheesy Lasagna Roll Garlic Bread Steamed Broccoli Fruit 2	Chicken Nuggets Fried Rice Stir Fry Veggies Fruit 3	Corn Dog (WG) Tater Tots Broccoli Fruit 4
Labor Day 7	Boneless Breaded Chicken Wings Baby Baker Potatoes Baby Carrots w/ Ranch Fruit 8	Beef Tacos Corn Shredded Romaine with Ranch Fruit 9	Hot Dog on Whole Grain Bun Baked Beans Celery Sticks w/Ranch Fruit 10	Cheese Pizza Romaine Salad Cherry Tomatoes Fruit Carnival Cookie 11
Cheeseburger on WG Bun Baked Beans Steamed Broccoli Fruit 14	Crispitos w/ Cheese Sauce Refried Beans Carrot Coins Fruit 15	Chicken Pasta Alfredo WG Roll Cauliflower Ranch Carrot Sticks Fruit 16	Chicken Poppers Mashed Potatoes Celery Fruit 17	Macaroni & Cheese Roll WG Green Beans Fruit 18
Hot Dog on WG Bun Potato Wedges Creamy Cole Slaw Fruit 21	Pepperoni Pizza Sweet Potato Fries Cherry Tomatoes Fruit 22			



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Breakfast Menu for August 24 - September 22, 2020

Choice of Milk served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Blueberry Muffin WG 2oz ²⁴ Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Trix Cereal Bar IW 1.42oz ²⁵ String Cheese 1oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Golden Grahams 1oz WG ²⁶ Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Bagel White Whole Wheat ²⁷ 2oz Cream Cheese 1oz Cup Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Cinnamon Toast Crunch ²⁸ Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk
Blueberry Muffin WG 2oz ³¹ Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Trix Cereal Bar IW 1.42oz ¹ String Cheese 1oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Golden Grahams 1oz WG ² Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Bagel White Whole Wheat 2oz ³ Cream Cheese 1oz Cup Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Cinnamon Toast Crunch ⁴ Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk
Labor Day ⁷	Trix Cereal Bar IW 1.42oz ⁸ String Cheese 1oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Golden Grahams 1oz WG ⁹ Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Bagel White Whole Wheat ¹⁰ 2oz Cream Cheese 1oz Cup Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Cinnamon Toast Crunch ¹¹ Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz
Mini Waffles WG Original ¹⁴ Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Wrap WG ¹⁵ Egg, Meat & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Cinnamon Toast Crunch ¹⁶ Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz	Breakfast Sandwich ¹⁷ Egg & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Blueberry Muffin WG 2oz ¹⁸ Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk
Mini French Toast WG Berry ²¹ Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Trix Cereal Bar IW 1.42oz ²² String Cheese 1oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk			