



# ACADEMY

IMAGINE. INVESTIGATE. INNOVATE.

*Proudly served by Christian Catering*

## Lunch Menu for September 21 - October 23, 2020

*Choice of Milk served Daily*

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog on WG Bun Potato Wedges Creamy Cole Slaw Fruit 21	Pepperoni Pizza Sweet Potato Fries Cherry Tomatoes Fruit 22	Chicken Pasta Alfredo WG Roll Cauliflower Ranch Carrot Sticks Fruit 23	BBQ Pork on WG Bun Baked Beans Green Beans Fruit 24	Corn Dog WG Tater Tots Broccoli Fruit Rice Krispy Treat 25
Hamburger on Whole Grain Bun Baked Beans Broccoli (fresh) w/Ranch Fruit 28	Chicken Poppers Baby Baker Potatoes Steamed Spinach Fruit 29	Cheese Dippers (WG) w/Marinara Corn Sliced Cucumbers w/Ranch Fruit 30	Crispy Chicken on Whole Grain Bun Sweet Potato Tots Celery w/ Ranch Fruit 1	Stuffed Crust Cheese Pizza Romaine Salad Cherry Tomatoes Fruit Carnival Cookie 2
Chicken Fingers Baby Carrots w/ Ranch Steamed Zucchini Roll (WG) Fruit 5	Crispitos /Cheese Sauce Tortilla Chips Seasoned Corn Fruit 6	Cheesy Lasagna Roll Meat Sauce Garlic Bread Green Beans Fruit 7	Teriyaki Chicken Rice Broccoli Baby Carrots Fruit 8	<b>Fall Break</b> 9
<b>Fall Break</b> 12	Corn Dog (WG) Tater Tots Broccoli Fruit 13	Boneless Breaded Chicken Wings Baby Baker Potatoes Baby Carrots w/ Ranch Fruit 14	Beef Nachos Cheese Sauce Corn Shredded Romaine with Ranch Fruit 15	Hot Dog on Whole Grain Bun Baked Beans Celery Sticks w/Ranch Fruit Rice Krispy Treat 16
Cheese Pizza Romaine Salad Cherry Tomatoes Fruit Carnival Cookie 19	Cheeseburger on WG Bun Baked Beans Steamed Broccoli Fruit 20	Crispitos w/ Cheese Sauce Tortilla Chips Seasoned Corn Fruit 21	Chicken Pasta Alfredo WG Roll Cauliflower Ranch Carrot Sticks Fruit 22	Chicken Poppers Mashed Potatoes Carrot Coins Celery Sticks Fruit Carnival Cookie 23



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Breakfast Menu for September 21 - October 22, 2020

Choice of Milk served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
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	Breakfast Wrap WG 23 Egg, Meat & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Sandwich 24 Egg & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Frosted Corn Flakes 25 Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk
Coco Puffs Cereal Bar IW 28 1.42 oz String Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Sandwich 29 Egg & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Pizza WG 30 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Mini French Toast WG Berry 1 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Cinnamon Toast Crunch 2 Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk
Blueberry Muffin WG 2oz 5 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Wrap WG 6 Egg, Meat & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Mini French Toast WG Berry 7 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Pizza WG 8 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	<h1>Fall Break</h1>
<h1>Fall Break</h1>	Blueberry Muffin WG 2oz 13 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Sandwich 14 Egg & Cheese 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	
Trix Cereal Bar IW 1.42oz 19 String Cheese 1oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Pizza WG 20 Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Wrap WG 21 Egg, Meat & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Breakfast Sandwich 22 Egg & Cheese Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk	Frosted Corn Flakes 23 Reduced Sugar WG 1oz Low Sugar Yogurt 4oz Fruit 1/2 cup 100 % Fruit Juice 4 oz Milk