



December 2018

Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Happy Holidays!</p>					<p>Special News... More Info...</p> <p>Parents: Don't forget, all of our options are whole grain, lower sodium, sugar & fat, but still delicious! School lunch helps keep you full and focused!</p> <p><small>Menus are subject to change without notice.</small></p>
<p>3 Chicken Patty Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>4 Chicken Nuggets w/Roll</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>5 BBQ Rib Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>6 Spicy Chicken Patty Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>7 Cheeseburger</p> <p>Fruits and Vegetables Assorted Milk</p>	
<p>10 Chicken Bacon Cheese Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>11 Corn Dog</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>12 Chicken Nuggets</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>13 Bacon Cheeseburger</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>14 Chicken Patty Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	
<p>17 Spicy Chicken Patty Sandwich</p> <p>Fruits and Vegetables Choc & White Milk</p>	<p>18 Cheeseburger</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>19 Hotdog</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>20 Chicken Patty Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	<p>21 BBQ Rib Sandwich</p> <p>Fruits and Vegetables Assorted Milk</p>	
<p>WINTER BREAK</p>					

Special News...

DID YOU KNOW?

School lunch is only \$2.60 for a meal, \$0.40 for Reduced.
 A meal should include 3-5 components out of the following list:
 Fruits, Vegetables, Grains, Meat/Meat Alternate, and Milk.
 One component must always be a fruit/vegetable!

