



# January 2019

## Academy Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
										<p><b>Special News... More Info...</b></p> <p>Parents: Don't forget, all of our options are whole grain, lower sodium, sugar &amp; fat, but still delicious! School lunch helps keep you full and focused!</p> <p>Menus are subject to change without notice.</p>
<b>7</b>	Chicken Patty Sandwich	<b>8</b>	Chicken Nuggets w/Roll	<b>9</b>	BBQ Rib Sandwich	<b>10</b>	Spicy Chicken Patty Sandwich	<b>11</b>	Cheeseburger	
	Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk	
<b>14</b>	Chicken Bacon Cheese Sandwich	<b>15</b>	Corn Dog	<b>16</b>	Chicken Nuggets	<b>17</b>	Bacon Cheeseburger	<b>18</b>	Chicken Patty Sandwich	
	Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk	
<b>21</b>		<b>22</b>	Cheeseburger	<b>23</b>	Hot Dog on a Bun	<b>24</b>	Chicken Patty Sandwich	<b>25</b>	BBQ Rib Sandwich	
			Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk	
<b>28</b>	Spicy Chicken Patty Sandwich	<b>29</b>	Corn Dog	<b>30</b>	Chicken Nuggets	<b>31</b>	Bacon Cheeseburger	<b>1</b>	Chicken Patty Sandwich	
	Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk		Fruits and Vegetables Assorted Milk	

### 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!

