



September 2019

Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School Labor Day!	3 Chicken Patty Sandwich Fruits and Vegetables Assorted Milk	4 Chicken Nuggets w/ Roll Fruits and Vegetables Assorted Milk	5 Twister Burger Fruits and Vegetables Assorted Milk	6 Corndog Fruits and Vegetables Assorted Milk
9 Chicken Tenders Fruits and Vegetables Assorted Milk	10 Grilled Chicken Sliders Fruits and Vegetables Assorted Milk	11 Bacon Cheese Burger Fruits and Vegetables Assorted Milk	12 Beef Burritos Fruits and Vegetables Assorted Milk	13 Chicken Bacon Melt Fruits and Vegetables Assorted Milk
16 Twister Burger Fruits and Vegetables Assorted Milk	17 Popcorn Chicken w/ Roll Fruits and Vegetables Assorted Milk	18 Grilled Chicken Sliders Fruits and Vegetables Assorted Milk	19 Spicy Chicken Patty Sandwich Fruits and Vegetables Assorted Milk	20 Cheese Nachos Fruits and Vegetables Assorted Milk
23 Mozzarella Sticks Fruits and Vegetables Assorted Milk	24 Pretzel w/ Cheese Sauce Fruits and Vegetables Assorted Milk	25 Twister Burger Fruits and Vegetables Assorted Milk	26 Chicken and Waffles Fruits and Vegetables Assorted Milk	27 Mini Corndogs Fruits and Vegetables Assorted Milk
30 Chicken Bacon Melt Fruits and Vegetables Assorted Milk	Chicken Patty Sandwich Fruits and Vegetables Assorted Milk	Meatball Flat Bread Melt Fruits and Vegetables Assorted Milk	Breakfast Burrito Fruits and Vegetables Assorted Milk	Rib Sandwich Fruits and Vegetables Assorted Milk

TIME FOR LUNCH

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!

DID YOU KNOW?

School lunch is only \$2.65 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!

Menus are subject to change without notice.

