

Week 2

THE ACADEMY LUNCH MENU

Monday

LUNCH: Hot Dog or Chef's Salad with Tater Tots, Baked Beans, Oranges, and Pineapple

DINNER: Beef Stroganoff over Egg Noodles with Green Beans, Bread and Pineapples

Tuesday

LUNCH: Tuna Salad Sandwich or Soft Shell Chicken Taco with Side Salad, Fiesta Black Beans, Lettuce & Tomato, Bananas, and Peaches

DINNER: Meatloaf with Rice Pilaf, Broccoli, Bread and Oranges

Wednesday

LUNCH: Academy Yogurt Pak or Macaroni & Cheese with Dinner Roll, with Side Salad, Mixed Vegetables, Pears and Apples

DINNER: Orange Glazed Chicken Breast with Tater Tots, Mixed Vegetable, Bread and Apples

Thursday

LUNCH: Nachos or Gyro, with Side Salad, Red Peppers and Onion, Bananas and Peaches

DINNER: Beef Fritters with Rosemary Potatoes, Carrots, Bread and Peaches

Friday

LUNCH: Tuna Au Gratin or Italian Hoagie with Shredded Lettuce and Tomato, Side Salad, Green Beans, Fruit Cocktail, and Oranges

DINNER: Cheese Ravioli with Meat Sauce, Carrots, Bread and Pears

Saturday

LUNCH: Cheeseburger or Turkey Hoagie, with Tater Tots, Carrots, Apples, and Pineapple

DINNER: Baked Chicken Legs with Whipped Potatoes, Corn, Bread and Peaches

Sunday

LUNCH: Chicken Filet with Dinner Roll or Chef's Salad, Baked Potato, Apples and Fruit Cocktail

DINNER: Stuffed Peppers with Au Gratin Potatoes, Broccoli, Bread and Apple Sauce

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

Week 3

Week 4

THE ACADEMY LUNCH MENU

Monday

LUNCH: Fish Sandwich or Ham and Cheese, with Shredded Lettuce and Tomato, Sweet Potato Fries, Broccoli, Apples and Peaches

DINNER: Beef Pepper Steak over Rice with Broccoli, Bread and Pears

Tuesday

LUNCH: Grilled Cheese Sandwich or Chef's Salad, w/ Tomato Soup, Side Salad, Carrots, Apples & Pears

DINNER: Breaded Chicken Drumstix with Diced Potatoes, Carrots, Bread and Peaches

Wednesday

LUNCH: Macho Meat Burrito or Tuna Salad Sandwich, with Baked Beans, Green Beans, Side Salad, Apples and Fruit Cocktail

DINNER: Rotini with Meat Sauce, Green Beans, Bread and Mixed Fruit

Thursday

LUNCH: Sweet & Sour Chicken or Tuna Salad Sandwich, with Broccoli, Side Salad, Apples and Pears

DINNER: Open Faced Roast Beef with Gravy, Au Gratin Potatoes, Corn, Bread and Apples

Friday

LUNCH: Stuffed Crust Pizza or Lasagna, with Side Salad, Mixed Vegetables, Apples, and Peaches

DINNER: Cod with Rice Pilaf, Mixed Vegetables, Bread and Oranges

Saturday

LUNCH: Academy Yogurt Power Pak or Italian Hoagie, with Fries, Broccoli, Oranges and Pineapples

DINNER: Chicken Parmesan over Pasta with Green Beans, Bread and Apples

Sunday

LUNCH: Riblet Sandwich or Chef's Salad, with Potatoes, Carrots, Apples and Oranges

DINNER: Sliced Turkey and Gravy, Stuffing, Peas, Bread and Peaches

1% Milk & Fat Free Chocolate Milk Served Daily with Meals