

OCTOBER

ACADEMY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheesy Beef Nachos Refried Beans Grape Tomatoes Salsa Fruit of the Day	Chicken Parmesan Penne Pasta Marinara Sauce Italian Vegetables Fruit of the Day	Chili Cheese Dog Tater Tots Celery Sticks Fruit of the Day	Sweet & Sour Chicken Nuggets Seasoned Rice Orange Glazed Carrots Fruit of the Day	Cheeseburger Crispy Fries Garden Salad Fruit of the Day
Columbus Day	Mini Pancakes Scrambled Eggs Tater Tots Baby Carrots Fruit of the Day	Bosco Sticks Breaded Zucchini Marinara Sauce Grape Tomatoes Fruit of the Day	Beef Soft Tacos Refried Beans Spanish Rice Lettuce and Tomato Fruit of the Day	Pepperoni Pizza Golden Corn Garden Salad Fruit of the Day
French Toast Sticks Cheesy Scrambled Eggs Broccoli Florets Fruit of the Day	BBQ Chicken Drummie Baked Beans Golden Corn Fresh Fruit Choice	Homemade Meatloaf Mashed Potatoes Green Beans Dinner Roll Fruit of the Day	Fish Sticks & Chips Coleslaw Corn Cobette Fruit of the Day	Cheeseburger French Fries Garden Salad Fruit of the Day
Buffalo Nachos Fresh Celery Shredded Lettuce Grape Tomatoes Fruit of the Day	Homemade Mac & Cheese Green Peas Baked Breadstick Fruit of the Day	Roasted Turkey with Gravy Mashed Potatoes Green Beans Cranberry Sauce	Mini Pancakes Scrambled Eggs Tater Tots Baby Carrots Fruit of the Day	Parent Teacher Conferences
BBQ Riblette Mashed Potatoes Golden Corn Buttermilk Biscuit Fruit of the Day	Chicken Fajitas Zesty Beans Romaine Lettuce Salsa Fruit of the Day	Meatball Marinara Penne Pasta Broccoli Trees Garlic Breadstick Fruit of the Day		FUN FACT: APPLES It takes about 36 apples to create 1 gallon of apple cider!

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