



# SEPTEMBER

# ACADEMY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALL MEALS INCLUDE:</b>  <b>Choice of Milk and Side</b>				<b>FUN FACT:</b> <b>BELL PEPPERS</b>  Bell peppers taste sweet, not spicy!  
3	4	5	6	7
<b>Labor Day</b>	<b>Chicken Nuggets</b> Green Beans Baby Carrots Dinner Roll Fresh Fruit Choice	<b>Beef Soft Tacos</b> Spanish Rice Diced Tomatoes Cinnamon Churro Fresh Fruit Choice	<b>French Toast Sticks</b> Scrambled Eggs Broccoli Florets Fresh Fruit Choice	<b>Cheeseburger</b> Crispy Fries Garden Salad Fresh Fruit Choice
10	11	12	13	14
<b>Cheese Ravioli</b> Steamed Broccoli Baby Carrots Fresh Fruit Choice	<b>BBQ Chicken Drummie</b> Seasoned Rice Seasoned Corn Fresh Fruit Choice	<b>Cheesy Beef Nachos</b> Pinto Beans Salsa Fresh Fruit Choice	<b>Sweet &amp; Sour Chicken Nuggets</b> Seasoned Rice Orange Glazed Carrots Broccoli Trees Fresh Fruit Choice	<b>Pepperoni Pizza</b> Green Beans Garden Salad Fresh Fruit Choice
17	18	19	20	21
<b>Cheese Quesadilla</b> Spanish Rice Tater Tots Baby Carrots Fresh Fruit Choice	<b>Chicken Parmesan</b> Spaghetti Italian Vegetables Popeye Salad Fresh Fruit Choice	<b>Mini Pancakes</b> Scrambled Eggs Tater Tots Cucumbers & Ranch Fresh Fruit Choice	<b>BBQ Riblette</b> Mashed Potatoes Seasoned Corn Fresh Fruit Choice	<b>Cheeseburger</b> Crispy Fries Garden Salad Fresh Fruit Choice
24	25	26	27	28
<b>Homemade Mac &amp; Cheese</b> Steamed Peas Grape Tomatoes Breadstick Fresh Fruit Choice	<b>Roasted Turkey with Gravy</b> Mashed Potatoes Baby Carrots Fresh Fruit Choice	<b>Spaghetti with Meat Sauce</b> Italian Vegetables Popeye Salad Garlic Breadstick Fresh Fruit Choice	<b>Walking Taco</b> Spanish Rice Mexi-Corn Black Beans Shredded Lettuce Fresh Fruit Choice	<b>Cheese Pizza</b> Green Beans Garden Salad Fresh Fruit Choice

FOOD SERVICE DIRECTOR: BECKY ALSING  
 Email: Rebecca.Alsing@aviands.com