



FEBRUARY | 2023

Discovery Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 Cheeseburger WG Bun Steamed Carrots Cauliflower with Ranch Mustard and Ketchup Sidekick Milk	2 Beef Taco Stick Steamed Corn Salsa Applesauce Milk	3 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
6 Meatloaf Sandwich WG Bun Steamed Carrots Fruitable Pears Milk	7 PB & Uncrustable Steamed Edamame Seasoned Potatoes Sidekick Milk	8 Crispy Chicken Sandwich WG Bun Honey Mustard Steamed Corn Baby Carrots Applesauce Milk	9 Turkey Sausage Egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	10 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
13 Salisbury Steak WG Bun Steamed Peas Carrot Coins Ketchup Pear Cup Milk	14 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Fruit Cup Milk	15 Hot dog with Bun Cheesy Potatoes Mustard and Ketchup Juice 4 U Applesauce Milk	16 Beef Walking Taco WG Doritos Lettuce, Cheese, & Salsa Banana Milk	17 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
20 NO SCHOOL PRESIDENT'S DAY	21 Buffalo Chicken Sandwich Wg Bun Steamed Corn Celery Sticks Sidekick Milk	22 Egg and Cheese English Muffin Cheesy Potatoes Fruitable Applesauce Milk	23 Pepperoni Calzone Fresh Broccoli & Ranch Banana Milk	24 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
27 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	28 Chicken Sandwich on a Bun Ketchup Steamed Edamame Celery Sticks with Ranch Clementines Milk	1	2	3

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free



FEBRUARY | 2023

Discovery Academy Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 WG Strawberry Bagel Banana Milk	2 WG Breakfast Bar Pear Milk	3 WG Blueberry Waffle Orange Juice Milk
6 WG Breakfast Round Orange Juice Milk	7 WG S'mores Breakfast Bar Apple Milk	8 WG Donut Banana Milk	9 WG Cinnamon Roll Pear Milk	10 WG Cereal Granola Bar Orange Juice Milk
13 WG Cheerios Cereal Bar Orange Juice Milk	14 WG Muffin Pastry Apple Milk	15 WG Mini Waffles Banana Milk	16 WG Blueberry Bread Pear Milk	17 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
20 NO SCHOOL PRESIDENT'S DAY	21 WG Cereal Granola Bar Orange juice Milk	22 WG Super Donut Banana Milk	23 WG Lemon Crunch Bar Pear Milk	24 WG Cinnamon Toast. Crunch Breakfast Pastry Orange Juice Milk
27 WG Pop Tart Orange Juice Milk	28 WG Strawberry Bagel Apple Milk	1	2	3

News

****Please note that all items are subject to change****

Grain

**Grades K-5: 7-10oz Weekly
Minimum 1 oz Daily
Grades 6-8: 8-10oz Weekly
Minimum 1oz Daily
Grades 9-12: 9-10oz Weekly
Minimum 1oz Daily**

Fruit

**Grades K-8: 1 Cup Daily
And 5 Cups Weekly
Grades 9-12: 1 Cup Daily
And 5 Cups Weekly**

Milk

1 Cup 1% or Fat Free