

# MAY | 2023

## Discovery Academy Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Turkey Ham & Cheese Croissant String Cheese Steamed Edamame Baby Carrots Pear Milk	<b>2</b> Buffalo Chicken Sandwich, Wg Bun & Hot Sauce Steamed Corn Celery Sticks Sidekick Milk	<b>3</b> Hamburger on a WG Bun Steamed Peas Fruitable Applesauce Milk	<b>4</b> Pepperoni Calzone Cooked Carrots Fresh Broccoli Banana Milk	<b>5</b> Pizza Romaine Salad Grape Tomatoes Apple Cookie Milk
<b>8</b> Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	<b>9</b> Chicken Sandwich on a Bun Ketchup Steamed Edamame Celery Sticks Clementines Milk	<b>10</b> PB & Uncrustable Fresh Broccoli Seasoned Potatoes Banana Milk	<b>11</b> Beef Walking Taco WG Doritos Salsa, Lettuce, & Cheese Applesauce Milk	<b>12</b> Pizza Romaine Salad Grape Tomatoes Apple Cookie Milk
<b>15</b> Honey BBQ Beef Rib on a Bun Green Beans Baby Carrots Diced Pears Milk	<b>16</b> Turkey-Ham and Cheese Calzone Steamed Edamame Fresh Broccoli Sidekick Milk	<b>17</b> Cheeseburger & WG Bun Mixed Vegetables Fresh Cauliflower Banana Milk	<b>18</b> No School PD Day	<b>19</b> Pizza Romaine Salad Grape Tomatoes Apple Cookie Milk
<b>22</b> Meatloaf Sandwich WG Bun Steamed Carrots Fruitable Pear Milk	<b>23</b> PB & Uncrustable Steamed Peas Cheesy Potatoes Strawberry Cup Milk	<b>24</b> Crispy Chicken Sandwich WG Bun Honey Mustard Steamed Corn Baby Carrots Banana Milk	<b>25</b> Smoked Turkey Sausage with bun String Cheese Baked Beans Carrots with Ranch Sidekick Milk	<b>26</b> No School PD Day
<b>29</b> No School Memorial Day	<b>30</b> Grilled Chicken Breast & WG Bun BBQ Sauce Steamed Broccoli Celery Sticks Fruit Cup Milk	<b>31</b> Hot Dog with WG Bun Wedge Potatoes Juice 4 U Banana Milk	<b>1</b>	<b>2</b>

### 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**

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## Discovery Academy Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> WG Cereal Granola Bar Orange juice Milk	<b>2</b> WG Birthday Cake Breakfast Bar Apple Milk	<b>3</b> WG Super Donut Banana Milk	<b>4</b> WG Lemon Crunch Bar Pear Milk	<b>5</b> WG Cinnamon Toast. Crunch Breakfast Pastry Orange Juice Milk
<b>8</b> WG Pop Tart Orange Juice Milk	<b>9</b> WG Strawberry Bagel Apple Milk	<b>10</b> WG Mini Pancakes Pear Milk	<b>11</b> WG Frudel Banana Milk	<b>12</b> WG Cereal Granola Bar Orange Juice Milk
<b>15</b> WG Breakfast Round Orange Juice Milk	<b>16</b> WG Banana Bread Apple Milk	<b>17</b> WG Strawberry Bagel Pear Milk	<b>18</b> No School PD Day	<b>19</b> WG Blueberry Waffle Orange juice Milk
<b>22</b> WG Pop Tart Orange Juice Milk	<b>23</b> WG S'mores Breakfast Bar Apple Milk	<b>24</b> WG Donut Pear Milk	<b>25</b> WG Cinnamon Roll Banana Milk	<b>26</b> No School PD Day
<b>29</b> No School Memorial Day	<b>30</b> WG Mini Cinnamon Rolls Apple Milk	<b>31</b> WG Mini Waffles Pear Milk	<b>1</b>	<b>2</b>

### 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**