



MARCH | 2023

Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Honey BBQ Beef Rib on a Bun Green Beans Baby Carrots with Ranch Diced Peas Milk	28 Turkey-Ham and Cheese Calzone Peas Broccoli & Ranch Applesauce Milk	1 PB & Uncrustable Fresh Broccoli Seasoned Potatoes Applesauce Milk	2 Beef Taco Stick Steamed Corn Salsa Banana Milk	3 No School
6 Meatloaf Sandwich WG Bun Steamed Carrots Fruitable Pears Milk	7 Crispy Chicken Sandwich WG Bun Honey Mustard Steamed Corn Baby Carrots Applesauce Milk	8 Cheeseburger Mixed Vegetables Cauliflower with Ranch Mustard and Ketchup Sidekick Milk	9 Turkey Sandwich Baked Beans Carrots with Ranch Banana Milk	10 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
13 Salisbury Steak WG Bun Steamed Peas Carrot Coins with Ranch Ketchup Pear Cup Milk	14 PB & Uncrustable Steamed Edamame Cheesy Potatoes Strawberry Cup Milk	15 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Applesauce Milk	16 Beef Walking Taco WG Doritos Refried Beans Salsa & Cheese Banana Milk	17 No School
20 Chicken Tenders Steamed Edamame Carrot and Ranch Pear Milk	21 Grilled Chicken Breast & WG Bun BBQ Sauce Steamed Broccoli Celery Sticks with Ranch Fruit Cup Milk	22 Hamburger on a Bun Potato Salad Fruitable Applesauce Milk	23 Beef Walking Taco WG Doritos Refried Beans Salsa & Cheese Banana Milk	24 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
27 Buffalo Chicken Sandwich Wg Bun Steamed Corn Celery Sticks Sidekick Milk	28 Buffalo Chicken Sandwich Wg Bun Steamed Corn Celery Sticks Sidekick Milk	29 Hamburger on a Bun Potato Salad Fruitable Applesauce Milk	30 Pepperoni Calzone Cooked Carrots Fresh Broccoli & Ranch Banana Milk	31 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk

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****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 - 1/2 cup per day/ 2 1/2 cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - 3/4 cup per day/ 3 3/4 cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat



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Discovery Academy School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 WG Pop Tart Orange Juice Milk	28 WG Strawberry Bagel Apple Milk	1 WG Mini Pancakes Banana Milk	2 WG Frudel Pear Milk	3 No School
6 WG Breakfast Round Orange Juice Milk	7 WG Banana Bread Apple Milk	8 WG Strawberry Bagel Banana Milk	9 WG Breakfast Bar Apple Milk	10 WG Blueberry Waffle Orange juice Milk
13 WG Pop Tart Orange Juice Milk	14 WG S'mores Breakfast Bar Apple Milk	15 WG Donut Banana Milk	16 WG Cinnamon Roll Pear Milk	17 No School
20 WG Cheerios Cereal Bar Orange Juice Milk	21 WG Mini Cinni's Apple Milk	22 WG Mini Waffles Banana Milk	23 WG Blueberry Bread Pear Milk	24 WG Pop Tart Orange Juice Milk
27 WG Cereal Granola Bar Orange juice Milk	28 WG Birthday Cake Breakfast Bar Apple Milk	29 WG Super Donut Banana Milk	30 WG Lemon Crunch Bar Pear Milk	31 WG Cinnamon Toast. Crunch Breakfast Pastry Orange Juice Milk

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****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