

# APRIL | 2023

## Discovery Academy Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk</p>	<p><b>4</b></p> <p>Chicken Sandwich on a Bun Ketchup Steamed Edamame Celery Sticks with Ranch Clementines Milk</p>	<p><b>5</b></p> <p>PB &amp; Uncrustable Fresh Broccoli Seasoned Potatoes Banana Milk</p>	<p><b>6</b></p> <p>NO SCHOOL  CONFERENCES</p>	<p><b>7</b></p> <p>NO SCHOOL  CONFERENCES</p>
<p><b>10</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>11</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>12</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>13</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>14</b></p> <p>NO SCHOOL  SPRING BREAK</p>
<p><b>17</b></p> <p>Meatloaf Sandwich WG Bun Steamed Carrots Fruitable Pear Milk</p>	<p><b>18</b></p> <p>PB &amp; Uncrustable Steamed Edamame Cheesy Potatoes Strawberry Cup Milk</p>	<p><b>19</b></p> <p>Crispy Chicken Sandwich WG Bun Honey Mustard Steamed Corn Baby Carrots Banana Milk</p>	<p><b>20</b></p> <p>Turkey Sausage Egg and Cheese Wrap String Cheese Mixed Vegetables Celery &amp; Ranch Applesauce Milk</p>	<p><b>21</b></p> <p>Pizza Romaine Salad Grape Tomatoes FF Dressing Apple Cookie Milk</p>
<p><b>24</b></p> <p>Salisbury Steak WG Bun Steamed Peas Carrot Coins with Ranch Ketchup Pear Cup Milk</p>	<p><b>25</b></p> <p>Grilled Chicken Breast &amp; WG Bun BBQ Sauce Steamed Broccoli Celery Sticks with Ranch Fruit Cup Milk</p>	<p><b>26</b></p> <p>Hot dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Banana Milk</p>	<p><b>27</b></p> <p>Beef Walking Taco WG Doritos Refried Beans Salsa &amp; Cheese Applesauce Milk</p>	<p><b>28</b></p> <p>Pizza Romaine Salad Grape Tomatoes FF Dressing Apple Cookie Milk</p>

### 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**

# APRIL | 2023

## Discovery Academy Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>WG Pop Tart Orange Juice Milk</p>	<p><b>4</b></p> <p>WG Strawberry Bagel Apple Milk</p>	<p><b>5</b></p> <p>WG Mini Pancakes Pear Milk</p>	<p><b>6</b></p> <p>NO SCHOOL  CONFERENCES</p>	<p><b>7</b></p> <p>NO SCHOOL  CONFERENCES</p>
<p><b>10</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>11</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>12</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>13</b></p> <p>NO SCHOOL  SPRING BREAK</p>	<p><b>14</b></p> <p>NO SCHOOL  SPRING BREAK</p>
<p><b>17</b></p> <p>WG Pop Tart Orange Juice Milk</p>	<p><b>18</b></p> <p>WG S'mores Breakfast Bar Apple Milk</p>	<p><b>19</b></p> <p>WG Donut Pear Milk</p>	<p><b>20</b></p> <p>WG Cinnamon Roll Banana Milk</p>	<p><b>21</b></p> <p>WG Cereal Granola Bar Orange Juice Milk</p>
<p><b>24</b></p> <p>WG Cheerios Cereal Bar Orange Juice Milk</p>	<p><b>25</b></p> <p>WG Mini Cinnamon Rolls Apple Milk</p>	<p><b>26</b></p> <p>WG Mini Waffles Pear Milk</p>	<p><b>27</b></p> <p>WG Blueberry Bread Banana Milk</p>	<p><b>28</b></p> <p>WG Pop Tart Orange Juice Milk</p>

### 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**