



DECEMBER | 2022

Discovery Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	2 Pizza Romaine Salad Grape Tomatoes FF Dressing Apple Cookie Milk
5 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pear Milk	6 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks Clementines Milk	7 Hot Dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Applesauce Milk	8 Beef Walking Taco WG Doritos Lettuce, Cheese & Salsa Banana Milk	9 Pizza Romaine Salad Grape Tomatoes FF Dressing Apple Cookie Milk
12 Turkey Ham and Cheese Calzone Steamed Edamame Baby Carrots & Ranch Pear Milk	13 Buffalo Chicken Sandwich WG Bun Cooked Carrots Celery Sticks Sidekick Milk	14 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Broccoli Florets Pickle Spear Applesauce Milk	15 Egg and Turkey Sausage WG English Muffin Cheesy Potatoes Fruitable Banana Milk	16 Pizza Romaine Salad Grape Tomatoes FF Dressing Apple Cookie Milk
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 WG Cinnamon Roll Pear Milk	2 WG Cereal Oatmeal Bar Milk
5 WG Breakfast Bar Orange Juice Milk	6 WG Breakfast Bread Apple Milk	7 WG Breakfast Round Banana Milk	8 WG Frudel Pear Milk	9 WG Cereal Granola Bar Orange Juice Milk
12 WG Pop Tart Orange Juice Milk	13 WG Strawberry Cream Cheese Bagel Apple Milk	14 WG Donuts Banana Milk	15 WG Mini Cinnamon Rolls Pear Milk	16 WG Breakfast Bar Orange Juice Milk
19 No School	20 No School	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

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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