

NOVEMBER | 2022



Discovery Academy School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 WG Pop Tart Orange Juice Milk	1 WG Strawberry Bagel Apple Milk	2 Cinnamon Toast Crunch Bar Banana Milk	3 WG Cinnamon Roll Pear Milk	4 WG Cereal Oatmeal Bar Milk
7 WG Breakfast Bar Orange Juice Milk	8 WG Breakfast Bread Apple Milk	9 WG Breakfast Round Banana Milk	10 WG Frudel Pear Milk	11 WG Cereal Granola Bar Orange juice Milk
14 WG Pop Tart Orange Juice Milk	15 WG Strawberry Bagel Apple Milk	16 WG Donuts Banana Milk	17 WG Mini Cinnamon Rolls Pear Milk	18 WG Breakfast Bar Orange Juice Milk
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL Happy Thanksgiving!!!!	25 NO SCHOOL
28 WG cereal Granola Bar Milk	29 Cinnamon Roll Apple Milk	30 WG Bagel Cream cheese Pear Milk	1 WG Donut Pear Milk	2

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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

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Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pear Milk	1 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Clementines Milk	2 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Applesauce Milk	3 WG Queso Pull Apart Black bean and corn Salad Baby carrots Banana Milk	4 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
7 Turkey ham and Cheese Calzone Baked Beans Baby Carrots & Ranch Pear Milk	8 Buffalo Chicken Sandwich Wg Bun Steamed Carrots Celery Sticks Sidekick Milk	9 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Broccoli Florets Pickle Spear Applesauce Milk	10 Egg and Turkey Sausage WG English Muffin Cheesy Potatoes Fruitable Banana Milk	11 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
14 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	15 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines Milk	16 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Applesauce Milk	17 Beef Taco WG Tortilla Lettuce, Cheese & Salsa Banana Milk	18 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL Happy Thanksgiving!!!!	25 NO SCHOOL
28 Meatloaf Sandwich Wg Bun Potato Salad Fresh Broccoli with Ranch Pear Milk	29 Turkey Ham and Cheese Croissant Mayo Hummus with Baby Carrots Sidekick Milk	30 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk	1 Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	2 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 - 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