



JANUARY | 2023

Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 PB & Uncrustable Steamed Edamame Seasoned Potatoes Sidekick Milk	4 Crispy Chicken Sandwich Honey Mustard Steamed Corn Baby Carrots Diced Pears Milk	5 Turkey Sausage Egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	6 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
9 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pear Cup Milk	10 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Fruit Cup Milk	11 Hot dog with Bun Cheesy Potatoes Mustard and Ketchup Juice 4 U Applesauce Milk	12 Beef Walking Taco WG Doritos Lettuce, Cheese, & Salsa Banana Milk	13 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
16 No School	17 Buffalo Chicken Sandwich Wg Bun Cheesy Potatoes Celery Sticks Sidekick Milk	18 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Fruitable Pickle Spear Applesauce Milk	19 Meat Lasagna Fresh Broccoli & Ranch WG Breadstick Banana Milk	20 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
23 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	24 Chicken Sandwich on a Bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines Milk	25 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Applesauce Milk	26 Beef Taco WG Flatbread Lettuce, Cheese & Salsa Banana Milk	27 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
30 Honey BBQ Beef Rib on a Bun Steamed Edamame Baby Carrots with Ranch Pear Milk	31 Egg & Cheese Calzone Seasoned Potato Cubes Fruitable Applesauce Milk	1	2	3

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



JANUARY | 2023

Discovery Academy School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School	3 WG S'mores Breakfast Bar Apple Milk	4 WG Donut Banana Milk	5 WG Cinnamon Roll Pear Milk	6 WG Cereal Granola Bar Orange Juice Milk
9 WG Cheerios Cereal Bar Orange Juice Milk	10 WG Strawberry-Guava Pastry Apple Milk	11 WG Mini Waffles Banana Milk	12 WG Blueberry Bread Pear Milk	13 WG Pop Tart Orange Juice Milk
16 No School	17 WG Cereal Granola Bar Orange juice Milk	18 WG Super Donut Banana Milk	19 WG Lemon Crunch Bar Pear Milk	20 WG Cinn,Tst. Crunch Breakfast Pastry Orange Juice Milk
23 WG Pop Tart Orange Juice Milk	24 WG Strawberry Bagel Apple Milk	25 WG Mini Pancakes Banana Milk	26 WG Frudel Pear Milk	27 WG Cereal Granola Bar Orange Juice Milk
30 WG Birthday Cake Breakfast Bar Orange Juice Milk	31 WG Banana Bread Apple Milk	1	2	3

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