

APRIL | 2022

Discovery Academy Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
4 WG Mini Corn Dogs Steamed Carrots Fruit Cup Milk	5 Cheese Omelette WG English Muffin Fruitable Pear Milk	6 BBQ Chicken Sandwich WG Bun Broccoli Banana Milk	7 WG Pull-Apart Cheesy Bread Baby Carrots Hummus Cup Applesauce Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Meatloaf Sandwich WG Bun Steamed Carrots Fruit Cup Milk	12 WG Chicken Tenders Sweet & Sour Sauce Corn Pear Milk	13 Country Fried Steak WG Roll Mixed Vegetables Banana Milk	14 No School Parent Teacher Conferences	15 No School Parent Teacher Conferences
18 No School SPRING BREAK!	19 No School SPRING BREAK!	20 No School SPRING BREAK!	21 No School SPRING BREAK!	22 No School SPRING BREAK!
25 Chicken Patty WG Bun Mixed Vegetables Fruit Cup Milk	26 Beef Pepperoni Calzone Peas Pear Milk	27 Hamburger WG Bun Corn Banana Milk	28 Breakfast Sandwich Fruitable Applesauce Milk	29 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

News

****Please note that all items are subject to change****

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



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FRIDAY

28	29	30	31	1 WG Breakfast Round Orange Juice Milk
4 WG Cereal Granola Bar Orange Juice Milk	5 WG Frudel Apple Milk	6 WG Breakfast Bar Pear Milk	7 WG Poptart Banana Milk	8 WG Donut Orange Juice Milk
11 Strawberry Cream Cheese Filled WG Bagel Orange Juice Milk	12 WG Mini Waffle Apple Milk	13 WG Dunkers Pear Milk	14 No School Parent Teacher Conferences	15 No School Parent Teacher Conferences
18 No School SPRING BREAK!	19 No School SPRING BREAK!	20 No School SPRING BREAK!	21 No School SPRING BREAK!	22 No School SPRING BREAK!
25 WG Poptart Orange Juice Milk	26 WG Breakfast Round Apple Milk	27 WG Strawberry Cream Cheese Filled WG Bagel Pear Milk	28 WG Frudel Banana Milk	29 WG Dunkers Orange Juice Milk

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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