



# DECEMBER | 2021

## Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Peanut Butter & Jelly Uncrustable Mixed Vegetables Baby Carrots Banana Milk	<b>30</b> Mini Corn Dogs Ketchup Steamed Carrots Broccoli Florets Applesauce Milk	<b>1</b> Turkey and Cheese WG Bun Green Beans Celery Sticks Pear Milk	<b>2</b> Beef & Bean Burrito Buttered Corn Salsa Cup Sidekick Milk	<b>3</b> Pizza Hummus Baby Carrots Apple WG Cookie Milk
<b>6</b> WG Belgian Waffle Yogurt Fruitable Fruit Cup Milk	<b>7</b> Pepperoni Calzone Green Beans Baby Carrots Applesauce Milk	<b>8</b> Hot Dog & WG Bun Ketchup Hummus Cup Celery Sticks Banana Milk	<b>9</b> Chicken Patty WG Bun Steamed Peas Sliced Cucumbers Pear Milk	<b>10</b> Pizza Fresh Broccoli Ranch Apple WG Cookie Milk
<b>13</b> Egg and Cheese Taco Roll up Yogurt Fruitable Orange Slices Milk	<b>14</b> Meatloaf Sandwich WG Bun Buttered Corn Cucumber Slices Fruit Cup Milk	<b>15</b> Peanut Butter & Jelly Uncrustable Mixed Vegetables Baby Carrots Raisins Milk	<b>16</b> Walking Beef Taco WG Doritos Lettuce & Cheese Hummus Cup Banana Milk	<b>17</b> Pizza Tossed Salad FF Dressing Apple WG Cookie Milk
<b>20</b> No School	<b>21</b> No School	<b>22</b> No School	<b>23</b> No School	<b>24</b> Merry Christmas Eve!!  No School
<b>27</b> No School	<b>28</b> No School	<b>29</b> No School	<b>30</b> No School	<b>31</b> Happy New Year's Eve!!  No School

### 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**



# DECEMBER | 2021

## Discovery Academy School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 Pear Cheerio Cereal Bar Milk	2 Apple Cinn. Toast Crunch Bar Milk	3 Orange Juice Triple Crunch Bar Milk
6 Orange Juice WG Pop Tart Milk	7 Banana Cocoa Puff Bar Milk	8 Pear Cocoa Puff Bar Milk	9 Apple WG Donuts Milk	10 Orange Juice Cinnamon Filled Bagels Milk
13 Orange Juice WG Chocolate Croissant Milk	14 Banana WG Honey Bun Milk	15 Pear Strawberry Pastry Milk	16 Apple WG Breakfast Bar Milk	17 Orange Juice WG Breakfast Bread Milk
20 No School	21 No School	22 No School	23 No School	24 Merry Christmas Eve!! No School
27 No School	28 No School	29 No School	30 No School	31 Happy New Year's Eve!! No School

### News

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

### **Fruit**

**Grades K-8 1 cup daily  
And 5 Cups Weekly  
Grades 9-12 1cup daily  
And 5 cups Weekly**

### **Grains**

**Grades K-5 7-10oz Weekly  
Minimum 1oz Daily  
Grades 6-8 8-10oz Weekly  
Minimum 1oz Daily  
Grades 9-12 9-10oz Weekly  
Minimum 1oz Daily**

### **Milk**

**1 cup 1% or Fat Free**