



FEBRUARY | 2022

Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 Beef Pepperoni Calzone Green beans Banana Milk	2 BBQ Chicken Sandwich WG Bun Baked Beans Pear Cup Milk	3 Meatloaf Sandwich WG Bun Corn Applesauce Milk	4 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
7 Beef Hot Dog WG Bun Cubed Fries Pear Milk	8 Beef & Bean Burrito Seasoned Black Beans Salsa Sidekick Milk	9 Chicken Nuggets Mixed Vegetables Ketchup Apple Milk	10 WG Beef and Cheese Macaroni Bake Buttered Peas Raisins Milk	11 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
14 Peanut Butter and Jelly Uncrustable Cheesy Potatoes Pear Milk	15 Cheeseburger WG Bun Mixed Vegetables Cranberries Milk	16 Mini Corn Dogs Cooked Carrots Mustard Apple Sauce Milk	17 Walking Beef Taco WG Doritos Lettuce and Cheese Refried Beans Banana Milk	18 No School
21 Presidents Day No School	22 Turkey and Cheese Sandwich WG Bun Baby Carrots Hummus Cup Banana Milk	23 Grilled Chicken Sandwich WG Bun Cheesy Broccoli Apple Sauce Milk	24 Salisbury Steak Mashed Potatoes WG Cornbread Pear Milk	25 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
28 WG Belgian Waffle Cheesy Potatoes Yogurt Apple Milk	1	2	3	4

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



FEBRUARY | 2022

Discovery Academy School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1 Apple WG Chocolate Crescent Milk	2 Banana WG Birthday Bash Bar Milk	3 Pear WG Crunchy French Toast Milk	4 Orange Juice Mini Maple Waffles Milk
7 Orange Juice WG Cereal Granola Bar Milk	8 Apple WG Mini Maple Pancakes Milk	9 Pear WG Lemon Bread Milk	10 Banana WG Cherry Apple Crunch Bar Milk	11 Orange Juice WG Strawberry Guava Pastry Milk
14 Orange Juice WG Pop Tarts Milk	15 Apple WG Super Donut Milk	16 Banana WG Blueberry Muffin Milk	17 Pear WG Banana Mini Loaf Milk	18 No School
21 Presidents Day No Schools	22 Orange Juice WG Breakfast Round Milk	23 Banana WG Mini Donuts Milk	24 Apple WG Oatmeal Bar Milk	25 Orange Juice WG Banana Muffin Milk
28 Orange Juice WG Cereal Granola Bar Milk	1	2	3	4

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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