



JANUARY | 2022

Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Dog & WG Bun Ketchup Steamed Corn Apple Milk	4 Chicken Patty WG Bun Cauliflower Banana Milk	5 Cheese omelet WG Pancakes Fruitable Pear Milk	6 Meatloaf Sandwich WG Bun Mashed Potatoes Applesauce Milk	7 Pizza Hummus Baby Carrots Apple WG Cookie Milk
10 Hamburger WG Bun Buttered Corn Fruit Cup Milk	11 Chicken Strips Cooked Carrots Banana Milk	12 Pepperoni Calzone Green Beans Pear Milk	13 Grilled Chicken Sandwich WG Bun Mixed Vegetables Apple Sauce Milk	14 No School
17 Martin Luther King Jr Day No Schools	18 WG Beef and Cheese Macaroni Bake Broccoli Banana Milk	19 Chicken Nuggets Cooked carrots Apple Sauce Milk	20 Sloppy Joes WG Bun Green Beans Banana Milk	21 Pizza Hummus Baby Carrots Apple WG Cookie Milk
24 Mini Corn Dogs Steamed Peas Fruit Cup Milk	25 Salisbury Steak Mashed Potatoes WG Cornbread Banana Milk	26 Grilled Chicken Strips Cheesy Rice Steamed Broccoli Apple Sauce Milk	27 Walking Beef Tacos WG Doritos Lettuce and cheese Refried Beans Fruit Cup Milk	28 Pizza Hummus Baby Carrots Apple WG Cookie Milk
31 WG Belgian Waffle Cheesy Potatoes Yogurt Fruit Cup 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



JANUARY | 2022

Discovery Academy School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Orange Juice WG Pop Tart Milk	4 Banana Cinnamon Tst Crunch Pastry Milk	5 Apple Triple Berry Crunch Bar Milk	6 Pear WG Donut Milk	7 Orange Juice Mini Waffles Milk
10 Orange Juice WG Cereal WG Oatmeal Bar Milk	11 Banana Strawberry Cream Cheese Filled WG Bagel Milk	12 Apple WG Cocoa Puff Pastry Milk	13 Pear Breakfast Round Milk	14 No School
17 Martin Luther King Jr Day No Schools	18 Banana WG Breakfast Bar Milk	19 Apple WG Chocolate Crescent Milk	20 Pear Crunchy French Toast Milk	21 Orange Juice WG Donut Milk
24 Orange Juice Mini Cinnamon Rolls Milk	25 Banana WG Breakfast Bread Milk	26 Apple WG Honey Bun Milk	27 Pear Lemon Crunch Bar Milk	28 Orange Juice WG Frudel Milk
31 Orange Juice WG Pop Tart Milk	1	2	3	4

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****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