



# MARCH | 2022

## Discovery Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b>	<b>1</b> WG Pull-Apart Cheesy Bread Marinara Dipping Sauce Broccoli Banana Milk	<b>2</b> WG Mac & Cheese Steamed Carrots Pear Milk	<b>3</b> BBQ Chicken Sandwich WG Bun Baby Carrots Hummus Cup Applesauce Milk	<b>4</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>7</b> Hot Dog WG Bun Broccoli Cranberries Milk	<b>8</b> WG Beef Pepperoni Calzone Carrots Banana Milk	<b>9</b> Cheeseburger WG Bun Mixed Vegetables Pear Milk	<b>10</b> Egg & Cheese Roll-Up Celery Sticks Hummus Cup Applesauce Milk	<b>11</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>14</b> WG Belgian Waffle Cheesy Potatoes String Cheese Raisins Milk	<b>15</b> Meatloaf Sandwich WG Bun Broccoli Banana Milk	<b>16</b> WG Cheese Calzone Baby Carrots Hummus Cup Pear Milk	<b>17</b> WG Chicken Nuggets Mixed Vegetables Applesauce Milk	<b>18</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>21</b> Peanut Butter and Jelly Uncrustable Carrots Blueberries Milk	<b>22</b> WG Mini Corn Dogs Mixed Vegetables Banana Milk	<b>23</b> WG Mac & Cheese Celery Sticks Hummus Cup Pear Milk	<b>24</b> WG Country Fried Steak WG Cornbread Mashed Potatoes Applesauce Milk	<b>25</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>28</b> WG Queso Pull-Apart Broccoli Raisins Milk	<b>29</b> Salisbury Steak WG Roll Steamed Carrots Banana Milk	<b>30</b> WG Pancake String Cheese Cheesy Potatoes Pear Milk	<b>31</b> Meatloaf Sandwich WG Bun Mixed Vegetables Applesauce Milk	<b>1</b>

### 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	1 Mini French Toast Apple Milk	2 Mini Maple Waffles Banana Milk	3 Blueberry Bread Pear Milk	4 Pop Tarts Orange Juice Milk
7 Lemon Crunch Bar Orange Juice Milk	8 Mini Maple Pancakes Apple Milk	9 Mini Blueberry Waffles Banana Milk	10 Lemon Bread Pear Milk	11 Strawberry Guava Pastry Orange Juice Milk
14 Cherry Apple Crunch Bar Orange Juice Milk	15 Mini Strawberry Pancakes Apple Milk	16 Mini French Toast Banana Milk	17 Banana Bread Pear Milk	18 Cereal Oatmeal Bar Orange Juice Milk
21 Triple Berry Crunch Bar Orange Juice Milk	22 Mini Maple Pancakes Apple Milk	23 Lemon Bread Banana Milk	24 Breakfast Round Pear Milk	25 Strawberry Guava Pastry Orange Juice Milk
28 Cereal Oatmeal Bar Orange Juice Milk	29 Mini Maple Waffles Apple Milk	30 Mini Strawberry Pancakes Banana Milk	31 Pop Tarts Pear Milk	1

### News

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

### 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**