

# MAY | 2022

## Discovery Academy School Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Mini Corn Dogs Steamed Carrots Tangelo Milk	<b>3</b> Cheese Omelette WG English Muffin Fruitable Pear Milk	<b>4</b> BBQ Chicken Sandwich WG Bun Broccoli Banana Milk	<b>5</b> Walking Beef Tacos WG Doritos Lettuce and Cheese Refried Beans Applesauce Milk	<b>6</b> Pizza Tossed Salad Shredded Carrots FF Dressing Apple WG Cookie Milk
<b>9</b> WG Pull-Apart Cheesy Bread Mixed Vegetables Tangelo Milk	<b>10</b> WG Chicken Tenders Sweet & Sour Sauce Broccoli Pear Milk	<b>11</b> Cheeseburger WG Bun Corn Banana Milk	<b>12</b> Taco Roll-Up Seasoned Black Beans Salsa Applesauce Milk	<b>13</b> Pizza Tossed Salad Shredded Carrots FF Dressing Apple WG Cookie Milk
<b>16</b> Peanut Butter & Jelly Uncrustable Hummus Cup Carrot Chips Tangelo Milk	<b>17</b> WG Pepperoni Calzone Peas Pear Milk	<b>18</b> Meatloaf WG Bun Fruitable Banana Milk	<b>19</b> Walking Chicken Tacos WG Doritos Salsa and Cheese Lettuce Applesauce Milk	<b>20</b> Pizza Tossed Salad Shredded Carrots FF Dressing Apple WG Cookie Milk
<b>23</b> Sloppy Joe WG Bun Cheesy Potatoes Tangelo Milk	<b>24</b> Turkey Ham & Cheese Croissant Peas Pear Milk	<b>25</b> Country Fried Steak WG Bun Cheesy Broccoli Banana Milk	<b>26</b> Hot Dog WG Bun Baked Beans Applesauce Milk	<b>27</b> No School
<b>30</b> No School	<b>31</b> WG Queso Pull Apart Mixed Vegetables Pear Milk	<b>1</b>	<b>2</b>	<b>3</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 School Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> WG Cereal Granola Bar Orange Juice Milk	<b>3</b> WG Apple Frudel Apple Milk	<b>4</b> WG Breakfast Bar Tangelo Milk	<b>5</b> WG Poptart Banana Milk	<b>6</b> WG Breakfast Round Orange Juice Milk
<b>9</b> Strawberry Cream Cheese Filled WG Bagel Orange Juice Milk	<b>10</b> WG Mini Waffle Apple Milk	<b>11</b> WG Lemon Dunker Tangelo Milk	<b>12</b> WG Cereal Oatmeal Bar Banana Milk	<b>13</b> WG Donut Orange Juice Milk
<b>16</b> WG Cereal Granola Bar Orange Juice Milk	<b>17</b> WG Mini Pancake Apple Milk	<b>18</b> WG Cherry Frudel Tangelo Milk	<b>19</b> WG Breakfast Bar Banana Milk	<b>20</b> WG Breakfast Bar Orange Juice Milk
<b>23</b> WG Poptart Orange Juice Milk	<b>24</b> WG Breakfast Round Apple Milk	<b>25</b> WG Apple Frudel Tangelo Milk	<b>26</b> WG Cinnamon Bun Banana Milk	<b>27</b> No School
<b>30</b> No School	<b>31</b> WG Mini Chocolate Crescent Apple Milk	<b>1</b>	<b>2</b>	<b>3</b>

### 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**