

# NOVEMBER | 2021



## Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Bagel/ Cream Cheese String Cheese Yogurt cup Baby Carrots Fruitable Pear Milk	<b>2</b> Beef Walking Taco Doritos Refried Beans Lettuce & Salsa Pear Cup Milk	<b>3</b> Turkey and Cheese Sandwich Hummus Cup Baby Carrots Banana Milk	<b>4</b> Meatloaf Sandwich Green Beans Celery Sticks Apple Sauce Raisins Milk	<b>5</b> Pizza Broccoli Florets Ranch Apple WG Cookie Milk
<b>8</b> Hot Dog WG Bun Ketchup & Mustard Fresh Broccoli Applesauce Milk	<b>9</b> Pepperoni Calzone Green Beans Baby Carrots Pear Milk	<b>10</b> Hamburger WG Bun Celery Sticks Hummus Cup Banana Milk	<b>11</b> Peanut Butter & Jelly Uncrustable Buttered Corn Fresh Cauliflower Sidekick Milk	<b>12</b> Pizza Tossed Salad Shredded Carrot FF Dressing Apple WG Cookie Milk
<b>15</b> Sausage, Egg, and Cheese WG English Muffin Fruitable Banana Milk	<b>16</b> BBQ Chicken Wrap WG Tortilla Mixed Vegetables Lettuce & Cheese Peach Cup Milk	<b>17</b> Ham & Cheese Croissant Baby Carrots Cheesy Potatoes Pear Milk	<b>18</b> Beef Walking Taco Doritos Seasoned Beans Lettuce & Salsa Raisins Milk	<b>19</b> Pizza Fresh Broccoli Ranch Cup Apple WG Cookie Milk
<b>22</b> No School	<b>23</b> No School	<b>24</b> No School	<b>25</b> No School  Happy Turkey Day!!!	<b>26</b> No School
<b>29</b> Peanut Butter & Jelly Uncrustable Steamed Peas Baby Carrots Banana Milk	<b>30</b> Mini Corn Dogs Ketchup Buttered Corn Broccoli Florets 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
1 Orange Juice WG Breakfast Round Milk	2 Banana WG Chocolate Crescent Milk	3 Apple WG Cinnamon Toast Crunch Bar Milk	4 Pear Triple Berry Bar Milk	5 Orange Juice WG Strawberry Pastry Milk
8 Orange Juice WG Pop Tart Milk	9 Banana WG Honey Bun Milk	10 Apple WG Breakfast Bar Milk	11 Pear Bagel with Cream Cheese Milk	12 Orange Juice WG Frudel Milk
15 Orange Juice WG Chocolate Chip Oatmeal Bar Milk	16 Banana WG Cocoa Puff Bar Milk	17 Apple WG Breakfast Round Milk	18 Pear WG Mini Cinnamon Rolls Milk	19 Orange Juice WG Strawberry Cream Cheese Filled Bagel Milk
22 No School	23 No School	24 No School	25 No School Happy Turkey Day	26 No School
29 Orange Juice WG Cereal WG Granola Bar Milk	30 Banana WG Frudel Milk	1	2	3

### 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**