

OCTOBER | 2021

Discovery Academy School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Pizza Fresh Broccoli Hummus Cup Apple WG Cookie Milk
4 Mini Corn Dogs Ketchup Cheesy Potatoes Broccoli Florets Pear Milk	5 Chicken Sandwich WG Bun Mixed Vegetables Baby Carrots Cranberries Milk	6 Turkey Croissant Steamed Carrots Cucumbers Banana Milk	7 Philly Cheesesteak WG Bun Hummus Cup Celery Sticks Apple Sauce Milk	8 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
11 Mini Waffles Hashbrowns String Cheese Fruitable Apple Milk	12 Turkey and Cheese Sandwich WG Bun Steamed Carrots Celery Sticks Banana Milk	13 Beef Taco Stick Refried Beans Salsa Apple Sauce Milk	14 Turkey Smoked Sausage Peppers and onions WG Bun Baby Carrots Cucumbers Sidekick Milk	15 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
18 Peanut Butter & Jelly Uncrustable Fresh Broccoli Mixed Vegetables Pear Milk	19 BBQ Chicken Wrap WG Tortilla Steamed Peas Lettuce Apple Sauce Milk	20 Hamburger WG Bun Celery Sticks Steamed Carrots Banana Milk	21 Beef Walking Taco Doritos Refried Beans Lettuce & Salsa Pear Cup Milk	22 No School
25 Pancakes Hashbrowns String Cheese Fruitable Apple Milk	26 Hot Dog & WG bun Hummus Cup Celery Sticks Pear Milk	27 Egg and Cheese Taco Roll up Cheesy Potatoes Cucumber Slices Banana Milk	28 Peanut Butter & Jelly Uncrustable Steamed Carrots Broccoli Florets Sidekick Milk	29 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk

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



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FRIDAY

27	28	29	30	1 Orange Juice Apple Frudel Milk
4 Orange Juice WG Pop Tart Milk	5 Apple WG Breakfast Bar Milk	6 Pear Crunchy French Toast Milk	7 Banana Super Donut Milk	8 Orange Juice Cinnamon Filled Bagels Milk
11 Orange Juice Cereal Granola Bar Milk	12 Apple Cinnamon Toast Crunch Cereal Bar Milk	13 Pear WG Honey Bun Milk	14 Banana WG Breakfast Bread Milk	15 Orange Juice Strawberry Pastry Milk
18 Orange Juice Pop Tart Milk	19 Apple WG Bagel Strawberry Cream Cheese Milk	20 Pear WG Cinnamon Roll Milk	21 Banana WG Breakfast Bar Milk	22 No School
25 Orange Juice Cereal Granola Bar Milk	26 Apple WG Donuts Milk	27 Pear Cocoa Puff Bar Milk	28 Banana Triple Crunch Bar Milk	29 Orange Juice WG Breakfast Bread Milk

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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