

# SEPTEMBER | 2021



## Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2	3
6 No School Labor Day	7 Peanut Butter & Jelly Uncrustable Steamed Carrots Celery Sticks Apple Milk	8 WG Mini Corndogs Ketchup Fresh Broccoli Buttered corn Banana Milk	9 Turkey & Cheese WG Wrap Lettuce California Blend Pear Milk	10 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
13 Mini Waffles Hash Brown Yogurt Fruitable Apple Milk	14 Burger WG Bun Cheesy Potatoes Baby Carrots Banana Milk	15 Chicken Tenders Sweet & Sour Sauce Carrot Coins Fried Rice Pear Milk	16 Beef, Bean, & Cheese Burrito Black Bean & Corn Salad Celery Sticks Apple sauce Milk	17 Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
20 Grilled Chicken WG Ciabatta Roll Mixed Vegetables Baby Carrots Applesauce Milk	21 Meatloaf Sandwich WG Bun Buttered Corn Cucumber Slices Banana Milk	22 Mini Pancakes Yogurt Juice 4 U Baby Carrots Pear Milk	23 Walking Beef Taco WG Doritos Lettuce & Salsa Refried Beans Applesauce Milk	24 No School
27 Pepperoni Calzone Green Beans Baby Carrots Applesauce Milk	28 Cheeseburger WG Bun Baked Beans Pea Salad Banana Milk	29 Egg and Cheese Taco Roll up Hash Brown Fruitable Cranberry Milk	30 Sloppy Joe WG Bun Celery Sticks Roasted Potatoes Pear Milk	1

### 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**

# SEPTEMBER | 2021



## Discovery Academy School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	31	1	2	3
6 No School Labor Day	7 Orange Juice WG Pop Tart Milk	8 Banana Mini Donuts Milk	9 Pear Cocoa Puff Bar Milk	10 Orange Juice Mini Pancakes Milk
13 Orange Juice WG Cereal WG Oatmeal Bar Milk	14 Apple WG Berry Bread Milk	15 Banana WG Chocolate Crescent Milk	16 Pear WG Cereal WG Oatmeal Bar Milk	17 Orange Juice Mini Waffles Milk
20 Orange Juice WG Donut Milk	21 Apple WG Breakfast Bar Milk	22 Banana Crunchy French Toast Milk	23 Pear Banana Bread Milk	24 No School
27 Orange Juice WG Pop Tart Milk	28 Apple WG Honey Bun Milk	29 Banana WG Frudel Milk	30 Pear Cocoa Puff Bar Milk	1

### 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**

**1cup 1% or Fat Free**