

SEPTEMBER | 2022



Discovery Academy School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5 Labor Day No School	6 WG Bagel Cream Cheese Apple Milk	7 WG Donuts Pear Milk	8 WG Mini Cinnamon Rolls Banana milk	9 WG Breakfast Bar Orange Juice Milk
12 WG Cereal WG Oatmeal Bar Orange Juice Milk	13 WG breakfast Bread Apple Milk	14 WG Breakfast Round Pear Milk	15 WG Super Donut Banana Milk	16 WG Frudel Orange Juice Milk
19 WG cereal Orange juice Milk	20 WG Breakfast Pastry Apple Milk	21 WG Bagel Cream Cheese Pear Milk	22 WG Cinnamon Roll Banana Milk	23 No School
26 WG Pop Tarts Orange Juice Milk	27 WG Breakfast Round Pear Milk	28 WG Frudel Banana Milk	29 WG Breakfast Bar Apple Milk	30 WG Cereal Granola Bar Orange Juice Milk

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****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

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Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1	2
5 Labor Day No School	6 Chicken Sandwich on a bun Ketchup Hummus Baby Carrots Clementines Milk	7 PB & J Uncrustable Seasoned Potato Wedges Ketchup Celery Sticks with Ranch Banana Milk	8 WG Beef Taco Stick Steamed Corn Fruitable Apple Sauce Raisins Milk	9 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
12 Cheeseburger on a Bun Mustard and Ketchup Green Beans Baby Carrots with Ranch Pears Milk	13 French Toast Cheesy Potatoes Fruitable Syrup apple Milk	14 WG Pepperoni Calzone Steamed Carrots Broccoli Florets with Ranch Banana Milk	15 Beef Walking Taco WG Doritos Lettuce and Cheese Salsa Refried Beans Craisins Milk	16 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
19 Meatloaf Sandwich on Bun Steamed Carrots Cucumbers with Ranch Pears Milk	20 Turkey sausage egg and Cheese Wrap String Cheese Hummus with Baby Carrots Sidekick Milk	21 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk	22 WG Beef and Bean Burrito Mixed Vegetables Celery Sticks with Ranch Banana Milk	23 No School
26 Salisbury Steak WG Roll with Butter Steamed Peas Broccoli Florets with Ranch Honey Graham Crackers Pears Milk	27 Grilled Chicken Breast with BBQ String Cheese Steamed Carrots Celery Sticks WG Cornbread Clementines Milk	28 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Fruitable Banana Milk	29 WG Queso Pull Apart Refried Beans Baby carrots Raisins Milk	30 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk

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****Please note that items may be substituted due to availability****

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