



MARCH | 2020

Discovery Academy School Breakfast

Breakfast Times
8:00am-9:00am

Fruit

Grades K-8 1 cup daily
And 5 Cups

Weekly News
Grades K-5 1 cup 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal Oatmeal Bar Orange Juice Milk	3 W.G. Frudel Pear Milk	4 Pop Tart Banana Milk	5 W.G. Cinnamon Roll Apple Milk	6 French Toast Sticks Orange Juice Milk
9 Breakfast Bar Orange Juice Milk	10 W.G. Donuts Pear Milk	11 Breakfast Cookie Banana Milk	12 W.G. Plain Bagel Cream Cheese Apple Milk	13 No School
16 Cereal Oatmeal Bar Orange Juice Milk	17 Breakfast Bread Pear Milk	18 Pop Tart Banana Milk	19 Breakfast Bar Apple Milk	20 French Toast Sticks Orange Juice Milk
23 W.G. Cinnamon Roll Orange Juice Milk	24 French Toast Bfast Snack Pear Milk	25 W.G. Frudel Banana Milk	26 Cereal Oatmeal Bar Apple Milk	27 Egg and Cheese Sandwich Orange Juice Milk
30 Pop Tart Orange Juice Milk	31 Glazed Donut Pear Milk	1	2	3



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Discovery Academy School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sausage, Ch & Egg WG English Muffin Cheesy Potatoes Juice 4 U Apple Milk	3 Walking Taco WG Doritos and Graham Cracker Lettuce and Cheese Salsa and Sour Cream Refried Beans Banana Milk	4 Chicken Rice Casserole Cooked Carrots String Cheese WG Roll with Butter Sidekick Milk	5 Hot Dog WG Bun Roasted Ranch Potato Wedges Baby Carrots with Ranch Ketchup and Mustard Blueberries Milk	6 Pizza Tossed Salad Grape Tomatoes FF Dressing Apricot Cup WG Cookie Milk
9 Turkey and cheese WG Panini Baby Carrots with Ranch Steamed Broccoli Mixed Fruit Milk	10 Meatloaf Cheesy Potatoes Romaine Salad FF Poppyseed Dressing Cornbread Banana Milk	11 Grilled Chicken Sandwich Pasta Salad Mixed Vegetable Pear Milk	12 Chicken Philly Wrap WG Tortilla Potato Wedges Baked Beans Apple Milk	13 No School
16 Egg and Cheese WG Croissant Cheesy Potatoes Green Beans Apple Milk	17 Chicken Strips Sweet and Sour Sauce Fried Rice Steamed Broccoli Baby Carrots Banana Milk	18 Corn Dog Baked Beans Sliced Cucumbers FF Ranch Fruit Cup Milk	19 Chicken Walking Taco WG Doritos Corn Lettuce and Cheese Salsa and Sour Cream Sidekick Milk	20 Pizza Tossed Salad Grape Tomatoes FF Dressing Fruit WG Cookie Milk
23 Cheeseburger WG Bun Corn Broccoli Florets Mustard and Ketchup Apple Sauce Milk	24 Cheese Omelet Seasoned Hash Browns WG Cinnamon Roll Juice 4 U String Cheese Banana Milk	25 Baked Spaghetti Meatballs Mixed Vegetables Apple Harvest Salad FF Dressing WG Bread Stick Apple Milk	26 Philly Cheese Steak Flat Bread Cheesy Ranch Potato Casserole Baby Carrots with Ranch Pear Milk	27 Pizza Tossed Salad Grape Tomatoes FF Dressing Fruit WG Cookie Milk
30 Beef & Cheese Nachos Refried Beans Lettuce and Cheese Salsa and Sour Cream Fruit Salad Milk	31 Chicken Gyro WG Flat Bread Shredded Lettuce Cucumber Slices with Ranch Green Beans Banana Milk	1	2	3

News

Lunch Times

K-1 11:00 – 11:30
2-3 11:35 – 12:05
4th 12:10 – 12:40
5-6 12:45 – 1:15

Meat/Alternate

Grades k-5 8 oz. Weekly
Minimum 1oz per day
Grades 6-8, 9 oz. weekly
Minimum 1oz per day
Grades 9-12 10 oz. weekly
Grain/Bread
Grades k-5 8 oz. weekly
Minimum 1oz per day
Grades 6-8 8 oz. weekly
Minimum 1oz per day
Grades 9-12 10 oz. weekly
Minimum 2oz per day
Fruit
Grades k-8 ½ cup Daily
and 2 ½ cups weekly
Vegetable
Grades k-8, ¾ cup Daily
and 3 ¾ cups weekly
Grades 9-12, 1 cup Daily
and 5 cups weekly
Milk
1 cup 1% or Fat Free