

Week 1

THE ACADEMY MENU

Sunday

LUNCH: Cheeseburger with French Fries, Carrots, Pineapples and Apples

DINNER: Open Face Turkey sandwich with Au Gratin Potatoes, Mixed Vegetables, and Oranges

Monday

LUNCH: Open Face Chicken with Cheese Sauce, or Fish Sandwich with French Fries, Peas, Peaches and Apples

DINNER: Pork Loin with Diced Potatoes, Peas, Bread and Apples

Tuesday

LUNCH: Reuben Sandwich or Hot Roast Beef on Roll, Honey Carrots, Green Beans, Mixed Fruit and Bananas

DINNER: Baked Chicken Thighs with Wild Rice, Corn, Bread and Pears

Wednesday

LUNCH: Chicken Salad Hoagie or Turkey & Cheese Hoagie with Lettuce and Tomato, Broccoli, Soft Pretzels, Apple Slices and Oranges

DINNER: Hot Sausage Hoagie with Tater Tots, Broccoli, Bread and Pineapples

Thursday

LUNCH: Tuna Au Gratin or Beef Wiener with Baked Beans, Green Beans, Pineapple and Apples

DINNER: Rotini with Marinara Meat Sauce, Green Beans, Bread and Oranges

Friday

LUNCH: Stuffed Crust Pizza or Chicken Tenders, Romaine/Red Pepper Strips, Soft Pretzel, Broccoli, Peaches and Oranges

DINNER: Ribs with Rosemary Potatoes, Oriental Blend, and Bread

Saturday

LUNCH: Breaded Chicken Patty Sandwiches with Sweet Potato Fries, Corn, Pears and Oranges

DINNER: Salisbury Steak with Whipped Potatoes, Corn, Bread and Pears

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

Week 2

THE ACADEMY MENU

Sunday

LUNCH: Chicken Filets with Whole Grain Dinner Roll, Baked Potato, Peas, Mixed Fruit, and Apples

DINNER:

Week 3

THE ACADEMY MENU

Sunday

LUNCH: Turkey Hoagie with Lettuce & Tomato, Peas, Pears, and Oranges

DINNER: Salisbury Steak with Au Gratin Potatoes, Broccoli, Bread and Peaches

Monday

LUNCH: Hot Sausage Sandwich or Chicken Ala King with Soft

Week 4

THE ACADEMY MENU

Sunday

LUNCH: BBQ Rib Sandwich, Whipped Potatoes, Carrots, Sliced Apples and Oranges

DINNER:

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Week 5

THE ACADEMY MENU

Sunday

LUNCH: Cheeseburger on Roll with Onion Rings, Baby Carrots, Apple Slices, and Bananas

DINNER: Fish with Wild Rice, Green Beans, and Apples

Monday

LUNCH: Beefy Macaroni or Chicken Taco with Mixed Greens, Broccoli, Oranges and Apples

DINNER: Roasted Pork Loin with Diced Potatoes, Broccoli, Bread and Oranges

Tuesday

LUNCH: Cheeseburger on Roll or Sausage Hoagie with Lettuce & Tomato, BBQ Baked Beans,

THE ACADEMY MENU

Sunday

LUNCH: Soft Shell Chicken Taco with Lettuce & Tomato, Carrots, Pineapples, and Apples

DINNER: Open Face Roast Beef Sandwich with Whipped Potatoes, Corn, Bread and Bananas

Monday

LUNCH: Sloppy Joe on Roll or Tuna Salad Sandwich with Tater Tots, Corn, Peaches, and Oranges

DINNER: Baked Chicken Legs with Wild Rice, Broccoli, Bread and Oranges

Tuesday

LUNCH: Hot Roast Beef Sandwich or Cheese Tortellini with Green Beans, Sweet Potato Fries, Mixed Fruit and Bananas

DINNER: Swedish Meatballs over Egg Noodles with Green Beans, Bread and Apples

Wednesday

LUNCH: Turkey Devonshire or Cheeseburger on a Roll, Baked Beans, Broccoli, Peaches and Apples

DINNER: Rigatoni with Meat Sauce, Broccoli, Bread and Pineapples

Thursday

LUNCH: Chicken Cheese Steak or Fish Taco, with French Fries, Carrots, Apple Slices and Oranges

DINNER: Beef Tips over Egg Noodles with Mixed Vegetables, Bread and Pears

Friday

LUNCH: Fish Sandwich or Ham and Cheese Sandwich with Lettuce & Tomato, Peas, Pears, and Bananas

DINNER: Open Face Turkey Sandwich with Whipped Potatoes, Bread and Bananas

Saturday

LUNCH: Beef Wiener with French Fries, Broccoli, Pineapples, and Apples

DINNER: Baked Chicken with Mexican Style Rice, Broccoli, Bread and Oranges

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals