

September 2018

Academy Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Extras
4) Labor Day ~~~~~ Academy & Preschool will be Closed!	5) Chicken Tenders Choice of Mac & Cheese or Mash Potatoes & Gravy Green Beans Pineapple Chunks 1% Milk Choice	6) Fish Sticks French Fries Texas Toast Vegetables Chocolate Brownie Lasagna 1% Milk Choice	7) Chicken Spaghetti Tossed Salad Bread Stick Choice of Fresh Fruit or Yogurt 1% Milk Choice	8) Beef Soft Tacos Chips & Cheese Corn on the Cob Tropical Fruit Chocolate Chip Cookies 1% Milk Choice	Dollar Day ____
11) Grilled Chicken Sandwich Potato Wedges Fresh Celery Sticks w/Ranch Mandarin Orange Segments 1% Milk Choice	12) Spaghetti w/ Meat Sauce Bread Roll Green Beans Peach Cobbler w/Ice Cream Cup 1% Milk Choice	13) Bacon & Sausage Scrambled Eggs Choice of French Toast Sticks or Pancakes Cheddar Grits Banana 1% Milk Choice	14) Chicken Soft Tacos Butter Rice Vegetables Choice of Fresh Fruit or Yogurt 1% Milk Choice	15) Papa John's Pizza Choice of Chips Corn Tossed Salad Chocolate Chip Chocolate Muffin 1% Milk Choice	Dollar Day ____ Extra Pizza Slices _____
18) Hot Ham & Cheese on Bun Potato Soup Pickle Spear Tropical Fruit Oreos 1% Milk Choice	19) BBQ Chicken Choice of Loaded Mash Potatoes or Mac & Cheese Baked Beans Orange Slices 1% Milk Choice	20) Hamburger Tater Tots Vegetables Diced Peaches Choice of Ice Cream Cup 1% Milk Choice	21) Chicken Tenders Baked Potato Green Beans Choice of Fresh Fruit or Yogurt 1% Milk Choice	22) Beef Soft Tacos Chips & Cheese Corn on the Cob Tropical Fruit Brownie 1% Milk Choice	Dollar Day ____
25) Corn Dogs French Fries Baked Beans Applesauce Dessert 1% Milk Choice	26) Bacon & Sausage Scrambled Eggs Choice of Cereal Grits Blueberry Muffin 1% Milk Choice	27) Cheddar Bacon Chicken Wrap French Fries Vegetables Yogurt Parfait 1% Milk Choice	28) Spaghetti w/ Meatballs Bread Roll Green Beans Choice of Fresh Fruit or Yogurt 1% Milk Choice	29) Papa John's Pizza Choice of Chips Corn Tossed Salad Carrot Cupcake 1% Milk Choice	Dollar Day ____ Extra Pizza Slices _____

* Salad & Soup bar will be available Monday through Thursday each week, unless otherwise noted to 7th – 12th grades in place of a hot lunch plate for \$3.75.

* Sweet tea & lemonade will also be available to 7th – 12th grades in place of the milk that comes with their meal or for a \$.50 charge if they are not buying a lunch plate in the cafeteria.

* 1% half pint plastic milk containers are \$.50 apiece. Milk is included with the hot lunch price.