

# DECEMBER 2020 Breakfast and Lunch Menu for Arbor Academy, Augusta Academy, Forest Academy and Oakland Academy

MONDAY NOV 30	TUESDAY DEC 1	WEDNESDAY DEC 2	THURSDAY DEC 3	FRIDAY DEC 4
<b>BREAKFAST</b> Cin toast crunch 1 bowl Man oranges 1/2c Cheese cubes 1oz Grape juice 1/2c Milk 8oz  <b>LUNCH</b> Mac & Cheese 8oz Green Beans 3/4c Diced peaches /2c W/G breadstick 1.5oz Milk 8 oz	<b>BREAKFAST</b> W/G CIN BAGEL 2OZ DICED PEARS 1/2C String cheese 1oz Milk 8 oz  <b>LUNCH</b> CHEESEBURGER 2.5OZ BAKED BEANS 3/4C Fresh apple slices 1/2c W/G HAM BUN 2OZ	<b>BREAKFAST</b> BREAKFAST BAR 3.2 CHEWY SMORE 1PK FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8OZ  <b>LUNCH</b> BEEF TER. DIPPERS 5EA SW. POT CUBES 3/4C APPLESAUCE 1/2C W/G DIN.ROLL 1.7OZ MILK 8OZ	<b>BREAKFAST</b> FRUIT PUNCH 1/2C RAISIN BREAD 2.5oz APPLE BUTTER 1 OZ W/G GRAHM 1PK FRESH PEAR 1 EA MILK 8 OZ  <b>LUNCH</b> POPCORN CHI. 10EA CORN 1/2C MASHED POTATO 1/4C MIXED FRUIT 1/2C W/G DIN. ROLL MILK 8 OZ	<b>BREAKFAST</b> ORANGE JUICE 1/2C W/G CHERRIOS DICED PEACHES 1/2C CRISPS 1 PK MILK 8OZ  <b>LUNCH</b> W/G BR. CHI. PAT 2.5OZ W/G HAM BUN 2 oz GREEN BEANS 3/4C TROPICAL FRUIT 1/2C MILK 8 OZ
<b>MONDAY DEC 7</b>  <b>BREAKFAST</b> APPLE JUICE 1/2C TRIX YOGURT CUP 4OZ STRAWBERRIES 1/2C BLUE. MUFFIN 2OZ MILK 8 OZ  <b>LUNCH</b> W/G BEEF ROTINI 8OZ GREEN BEANS 3/4C PINEAPPLE 1/2C W/G BREADSTICK 1.7 O MILK 8 OZ	<b>TUESDAY DEC 8</b>  <b>BREAKFAST</b> Fruit punch 1/2C W/G FRUIT CHERRIOS 1 EA Fresh banana 1ea STRING CHEESE 1OZ MILK 8OZ  <b>LUNCH</b> TACO MEAT 2 OZ CORN 3/4C SHREDDED LET. 2 oz Fresh apple 1ea SHREDDED CHEESE 1OZ TORTILLA 2 EA MILK 8 OZ	<b>WEDNESDAY DEC 9</b>  <b>BREAKFAST</b> ORANGE JUICE 1/2C W/G BAGEL 2 oz Fresh AP. SLICES 1/2C CHEESE CUBES 1OZ MILK 8OZ  <b>LUNCH</b> BBQ BEEF BITES 5ea PEAS & CARROTS 3/4C PEACHES 1/2C W/G DINNER ROLL 1.3OZ MILK 8 OZ	<b>THURSDAY DEC 10</b>  <b>BREAKFAST</b> GRAPE JUICE 1/2C W/G COCO PUFFS 1 COLBY CHEESE 1OZ FRESH PEAR 1EA MILK 8 OZ  <b>LUNCH</b> GRILL CHI NUGGETS 8 EA DICED 3/4C MIXED FRUIT 1/2C W/G DIN ROLL 1.25OZ MILK 8 OZ	<b>FRIDAY DEC 11</b>  <b>BREAKFAST</b> FR. YOGURT 4OZ GRAHAM 1PK STRAW CUPS 1/2C MILK 8 OZ  <b>LUNCH</b> W/G PIZZA POC. W/G VEG. BEANS 3/4C PEACHES 1/2C BREAD STICK 1. 2OZ MILK 8 OZ
<b>MONDAY DEC 14</b>  <b>BREAKFAST</b> ORANGE JUICE 4OZ W/G CIN. TOAS. 1BOWL FR. APPLE SLICES 1/2C SMORE CHEWY 1PK MILK 8OZ  <b>LUNCH</b> SLOPPY JOES CORN 3/4C MIXED FRUIT 1/2C W/G HAM BUN 2OZ MILK 8OZ	<b>TUESDAY DEC 15</b>  <b>BREAKFAST</b> FRUIT PUNCH 4OZ W/G ST. BAGEL 2OZ STRING CHEESE 1OZ FRESH BANANA 1EA MILK 8 OZ  <b>LUNCH</b> BEEF TER. DIPP 5 EA SW. POT. CUBES 3/4C PINEAPPLE 1/2C W/G DIN. ROLL 1.5 OZ MILK 8 OZ	<b>WEDNESDAY DEC 16</b>  <b>BREAKFAST</b> GRAPE JUICE 4OZ ELFIN BANANA LOAF 2OZ FRUIT YOGURT 4OZ DICED PEACHES 1/2C MILK 8OZ  <b>LUNCH</b> NACHO CHIPS 6 EA TACO MEAT 3 OZ LIQ. CHEESE 2OZ MIXED FRUIT 1/2C SPANISH RICE 3/4C MILK 8 OZ	<b>THURSDAY DEC 17</b>  <b>BREAKFAST</b> APPLE JUICE 4OZ LUCKY CHARM1 BOWL CHO.CHIP CHEWY 2OZ MIXED BERRY CUPS 1/2 MILK 8OZ  <b>LUNCH</b> BR. CHI. PATTY2.1OZ VEG. BEANS 3/4C MAN. ORANGES 1/2C W/G HAM BUN 2OZ MILK 8 OZ	<b>FRIDAY DEC 18</b>  <b>BREAKFAST</b> OR/PIN JUICE 4OZ BAN. SUPERBR. 3.1OZ STRING CHEESE 1OZ MIXED FRUIT 1/2C MILK 8OZ  <b>LUNCH</b> BR. CHI LEG 3 OZ CHI. RICE . 3/4C PEACHES 1/2C W/G DI. ROLL 1.5OZ MILK 8 OZ

## Winter Break December 19<sup>th</sup> – January 3rd



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Milk is served with Breakfast and Lunch and it will be: 1.) 1 % WHITE MILK 1 CUP/8 oz. OR 2.) SKIM MILK 1 CUP/8oz. 3.) SKIM CHOC MILK 1 CUP/8oz. is offered at specific meals at the discretion of the Academy. Fruit Juice is 100%, ½ cup portion/4 oz., and is served for the Breakfast meal everyday unless otherwise stated.