





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

MON. NOV 2	TUES. NOV 3	WED. NOV 4	THURS. NOV 5	FRI. NOV 6															
<p>BREAKFAST cin toast crunch 1 bowl man oranges 1/2c cheese cubes 1oz grape juice 1/2c milk 8oz</p> <p>LUNCH mac & cheese 8oz Green Beans 3/4c Diced peaches 2c W/G breadstick 1.5oz milk 8 oz</p>	<p>Breakfast W/G CIN BAGEL 2OZ DICED PEARS 1/2C String cheese 1oz Milk 8 oz</p> <p>Lunch CHEESEBURGER 2.5OZ BAKED BEANS 3/4C fresh apple slices 1/2c W/G HAM BUN 2OZ</p>	<p>BREAKFAST BREAKFAST BAR 3.2 CHEWY SMORE 1PK FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8OZ</p> <p>LUNCH BEEF TER. DIPPERS 5EA SW. POT CUBES 3/4C APPLESAUCE 1/2C W/G DIN.ROLL 1.7OZ MILK 8OZ</p>	<p>Breakfast FRUIT PUNCH 1/2C RAISIN BREAD 2.5oz APPLE BUTTER 1PK W/G GRAHM 1PK FRESH PEAR 1 EA</p> <p>Lunch POPCORN CHI. 10EA CORN 1/2C MASHED POTATO 1/4C MIXED FRUIT 1/2C W/G DIN. ROLL 1.255OZ MILK 8 OZ</p>	<p>Breakfast ORANGE JUICE 1/2C W/G CHERRIOS 1 BOWL DICED PEACHES 1/2C CRISPS 1 PK MILK 8OZ</p> <p>Lunch W/G BR. CHI. PAT 2.5OZ W/G HAM BUN 2 oz GREEN BEANS 3/4C TROPICAL FRUIT 1/2C MILK 8 OZ</p>	<p>Breakfast APPLE JUICE 1/2C TRIX YOGURT CUP 4OZ STRAWBERRIES 1/2C BLUE. MUFFIN 2OZ MILK 8 OZ</p> <p>Lunch W/G BEEF ROTINI 8 OZ GREEN BEANS 3/4C PINEAPPLE 1/2C W/G BREADSTICK 1.7 OZ MILK 8 OZ</p>	<p>Breakfast Fruit punch 1/2C W/G FRUIT CERRIOS 1 EA Fresh banana 1ea STRING CHEESE 1OZ MILK 8OZ</p> <p>Lunch TACO MEAT 2 OZ CORN 3/4C SHREDDED LET. 2 oz Fresh apple 1ea SHREDDED CHEESE 1OZ TORTILLA 2 EA MILK 8 OZ</p>	<p>Breakfast ORANGE JUICE 1/2C W/G BAGEL 2 oz Fresh AP. SLICES 1/2C CHEESE CUBES 1OZ MILK 8OZ</p> <p>Lunch BBQ BEEF BITES 5ea PEAS & CARROTS 3/4C PEACHES 1/2C W/G DINNER ROLL 1.3OZ MILK 8 OZ</p>	<p>BREAKFAST GRAPE JUICE 1/2C W/G COCO PUFFS 1 COLBY CHEESE 1OZ FRESH PEAR 1EA MILK 8 OZ</p> <p>LUNCH GRILL CHI NUGGETS 8 EA DICED 3/4C MIXED FRUIT 1/2C W/G DIN ROLL 1.25OZ MILK 8 OZ</p>	<p>BREAKFAST FR. YOGURT 4OZ W/G GRAHAM 1PK STRAW CUPS 1/2C MILK 8 OZ</p> <p>LUNCH W/G PIZZA POC. VEG. BEANS 3/4C PEACHES 1/2C BREAD STICK 1. 2OZ MILK 8 OZ</p>	<p>BREAKFAST ORANGE JUICE 4OZ W/G CIN. TOAS. 1BOWL FR. APPLE SLICES 1/2C 1/2C SMORE CHEWY 1PK 2OZ MILK 8OZ</p> <p>LUNCH SLOPPY JOES CORN 3/4C MIXED FRUIT W/G HAM BUN MILK 8OZ</p>	<p>BREAKFAST FRUIT PUNCH 4OZ W/G ST. BAGEL 2OZ STRING CHEESE 1OZ FRESH BANANA 1EA MILK 8 OZ</p> <p>LUNCH BEEF TER. DIPP 5 EA SW. POT. CUBES 3/4C PINEAPPLE 1/2C W/G DIN. ROLL 1.5 OZ MILK 8 OZ</p>	<p>BREAKFAST GRAPE JUICE 4OZ ELFIN BANANA LOAF 2OZ FRUIT YOGURT 4OZ DICED PEACHES 1/2C MILK 8OZ</p> <p>LUNCH NACHO CHIPS 6 EA TACO MEAT 3 OZ LIQ. CHEESE 2OZ MIXED FRUIT 1/2C SPANISH RICE 3/4C MILK 8 OZ</p>	<p>BREAKFAST APPLE JUICE 4OZ LUCKY CHARM1 BOWL CHO.CHIP CHEWY 2OZ MIXED BERRY CUPS 1/2 MILK 8OZ</p> <p>LUNCH BR. CHI. PATTY2.1OZ VEG. BEANS 3/4C MAN. ORANGES 1/2C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>BREAKFAST OR/PIN JUICE 4OZ BAN. SUPERBR. 3.1OZ STRING CHEESE 1OZ MIXED FRUIT 1/2C MILK 8OZ</p> <p>LUNCH BR. CHI LEG 3 OZ CHI. RICE 3/4C PEACHES 1/2C W/G DI. ROLL 1.5OZ MILK 8 OZ</p>	<p>BREAKFAST W/G LUCKY CHARMS STRING CHEESE 1OZ FRESH PEARS 1EA FRUIT PUNCH 1/2C MILK 8 OZ</p> <p>LUNCH MEATLOAF 2.5OZ SCALLOP POT. 3/4C APLESAUCE 1/2C W/G BREAD SLICE MILK 8 OZ</p>	<p>BREAKFAST AP/CIN LOAF 2OZ FRESH APPLE 1EA FRUIT YOGURT 4OZ MILK 8 OZ</p> <p>LUNCH W/G CHI. NUGGETS 5 EA GREEN BEANS 3/4C TRO. FRUIT 1/2C W/G DIN. ROLL 1.3OZ MILK 8 OZ</p>	<p>BREAKFAST W/G SUPERBREAD 2.8OZ DICED PEACHES 1/2C COLBY CHEESE 1OZ GRAPE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH ORANGE CHI 8OZ FRIED RICE 3/4C MAN ORANGES 1/2C W/G DIN ROLL 1.3OZ MILK 8 OZ</p>		<h1>No School</h1>
<p>Breakfast APPLE JUICE 1/2C TRIX YOGURT CUP 4OZ STRAWBERRIES 1/2C BLUE. MUFFIN 2OZ MILK 8 OZ</p> <p>Lunch W/G BEEF ROTINI 8 OZ GREEN BEANS 3/4C PINEAPPLE 1/2C W/G BREADSTICK 1.7 OZ MILK 8 OZ</p>	<p>Breakfast Fruit punch 1/2C W/G FRUIT CERRIOS 1 EA Fresh banana 1ea STRING CHEESE 1OZ MILK 8OZ</p> <p>Lunch TACO MEAT 2 OZ CORN 3/4C SHREDDED LET. 2 oz Fresh apple 1ea SHREDDED CHEESE 1OZ TORTILLA 2 EA MILK 8 OZ</p>	<p>Breakfast ORANGE JUICE 1/2C W/G BAGEL 2 oz Fresh AP. SLICES 1/2C CHEESE CUBES 1OZ MILK 8OZ</p> <p>Lunch BBQ BEEF BITES 5ea PEAS & CARROTS 3/4C PEACHES 1/2C W/G DINNER ROLL 1.3OZ MILK 8 OZ</p>	<p>BREAKFAST GRAPE JUICE 1/2C W/G COCO PUFFS 1 COLBY CHEESE 1OZ FRESH PEAR 1EA MILK 8 OZ</p> <p>LUNCH GRILL CHI NUGGETS 8 EA DICED 3/4C MIXED FRUIT 1/2C W/G DIN ROLL 1.25OZ MILK 8 OZ</p>	<p>BREAKFAST FR. YOGURT 4OZ W/G GRAHAM 1PK STRAW CUPS 1/2C MILK 8 OZ</p> <p>LUNCH W/G PIZZA POC. VEG. BEANS 3/4C PEACHES 1/2C BREAD STICK 1. 2OZ MILK 8 OZ</p>	<p>BREAKFAST ORANGE JUICE 4OZ W/G CIN. TOAS. 1BOWL FR. APPLE SLICES 1/2C 1/2C SMORE CHEWY 1PK 2OZ MILK 8OZ</p> <p>LUNCH SLOPPY JOES CORN 3/4C MIXED FRUIT W/G HAM BUN MILK 8OZ</p>	<p>BREAKFAST FRUIT PUNCH 4OZ W/G ST. BAGEL 2OZ STRING CHEESE 1OZ FRESH BANANA 1EA MILK 8 OZ</p> <p>LUNCH BEEF TER. DIPP 5 EA SW. POT. CUBES 3/4C PINEAPPLE 1/2C W/G DIN. ROLL 1.5 OZ MILK 8 OZ</p>	<p>BREAKFAST GRAPE JUICE 4OZ ELFIN BANANA LOAF 2OZ FRUIT YOGURT 4OZ DICED PEACHES 1/2C MILK 8OZ</p> <p>LUNCH NACHO CHIPS 6 EA TACO MEAT 3 OZ LIQ. CHEESE 2OZ MIXED FRUIT 1/2C SPANISH RICE 3/4C MILK 8 OZ</p>	<p>BREAKFAST APPLE JUICE 4OZ LUCKY CHARM1 BOWL CHO.CHIP CHEWY 2OZ MIXED BERRY CUPS 1/2 MILK 8OZ</p> <p>LUNCH BR. CHI. PATTY2.1OZ VEG. BEANS 3/4C MAN. ORANGES 1/2C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>BREAKFAST OR/PIN JUICE 4OZ BAN. SUPERBR. 3.1OZ STRING CHEESE 1OZ MIXED FRUIT 1/2C MILK 8OZ</p> <p>LUNCH BR. CHI LEG 3 OZ CHI. RICE 3/4C PEACHES 1/2C W/G DI. ROLL 1.5OZ MILK 8 OZ</p>	<p>BREAKFAST W/G LUCKY CHARMS STRING CHEESE 1OZ FRESH PEARS 1EA FRUIT PUNCH 1/2C MILK 8 OZ</p> <p>LUNCH MEATLOAF 2.5OZ SCALLOP POT. 3/4C APLESAUCE 1/2C W/G BREAD SLICE MILK 8 OZ</p>	<p>BREAKFAST AP/CIN LOAF 2OZ FRESH APPLE 1EA FRUIT YOGURT 4OZ MILK 8 OZ</p> <p>LUNCH W/G CHI. NUGGETS 5 EA GREEN BEANS 3/4C TRO. FRUIT 1/2C W/G DIN. ROLL 1.3OZ MILK 8 OZ</p>	<p>BREAKFAST W/G SUPERBREAD 2.8OZ DICED PEACHES 1/2C COLBY CHEESE 1OZ GRAPE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH ORANGE CHI 8OZ FRIED RICE 3/4C MAN ORANGES 1/2C W/G DIN ROLL 1.3OZ MILK 8 OZ</p>		<h1>No School</h1>					
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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.