

**\*\*November, 2018\*\* BREAKFAST & LUNCH MENU FOR ARBOR ACADEMY, AUGUSTA ACADEMY, EVERGREEN ACADEMY, FOREST ACADEMY, AND OAKLAND ACADEMY .**

<p><b>Dec. 3</b></p> <p><b>Breakfast</b> Kiwi/Straw ½ C. W/G Rice Krispies 1 bowl Peaches ½ C. Milk 1 C. Cheese Stick 1 ea.</p> <p><b>Lunch</b> Beef Ravioli 1 C 8 ea. Extra Beef 1 oz. Corn 1/2 C. Diced Peaches ½ C. W/G Garlic Brd St 1 ea. Milk 1 C. Tossed Salad ½ c Ranch 1 pc</p>	<p><b>Dec. 4</b></p> <p><b>Breakfast</b> Very Berry ½ C. W/G Stuff Bagel 1 Sliced Mix Fruit ½ C. Milk 1 C.</p> <p><b>Lunch</b> Teriyaki Dippers 4 ea. Green Beans ½ c. Edamame 1/2 C Straw/Applesauce ½ c W/G Bread Stick 1 ea. Milk 1 C.</p>	<p><b>Dec. 5</b></p> <p><b>Breakfast</b> Grape juice ½ C. Fruit Yogurt 4 oz. Berry Blast ½ C. W/G Graham 1 pkg. Milk 1 C.</p> <p><b>Lunch</b> Ham &amp; Cheese Sand 1 ea. Mixed Green Salad ½ c. Sweet Potatoes ¼ C. Strawberries ½ C. Dressing PC 1 Milk 1 C</p>	<p><b>Dec. 6</b></p> <p><b>Breakfast</b> Apple Juice ½ C. W/G Bagel 2 oz. Cream Cheese 1 pkg. Fruit Cocktail ½ C. Milk 1 c.</p> <p><b>Lunch</b> W/G Popcorn Chick 11 ea. Diced Carrots ½ C. Fresh Apple Slices ½ C. W/G Wheat Bread 1 Ranch PC 1 ea. Oleo PC 1 ea. Sliced Cucumber ¼ C. Milk 1 C.</p>	<p><b>Dec. 7</b></p> <p><b>Breakfast</b> Fruit Punch ½ C. W/G Special K Cereal Strawberries ½ c. Milk 1 C. W/G Muffin 1 ea.</p> <p><b>Lunch</b> Hamburger 2.5 oz. Roasted Potato ½ C. Shred Lettuce 1 oz. Fresh Orange 1 ea. Sliced Cheese .5 oz. Tomato 2 oz. W/G Bun 1 ea. Ketchup/Mustard pc Pickle slice 4 ea. Milk 1 C.</p>
<p><b>Dec. 10</b></p> <p><b>Breakfast</b> Grape juice ½ C. Fruit Yogurt 4 oz. Fresh Apple Slice ½ c. Graham Crax 1 pkg. Milk 1 c.</p> <p><b>Lunch</b> Grill Chick Patty 1 ea. WG Bun 1 ea. Corn ½ c. Mix Melon ½ c. Salad Dressing PC Milk 1 cl. Baby Carrots 2 oz. Ranch Pc 1</p>	<p><b>Dec. 11</b></p> <p><b>Breakfast</b> Orange Juice ¼ c. Kix Cereal 1 bowl Banana 1 each Milk 1 c. W/G Muffin 1 ea.</p> <p><b>Lunch</b> Cheeseburger Meatloaf WG Dinner Roll 1 each Seas Mash Potato ½ c. Carrot Sticks 2 oz. Peaches ½ c. Milk 1 c.</p>	<p><b>Dec. 12</b></p> <p><b>Breakfast</b> Apple Juice ½ c. Cinnis 1 pkg. W/G Pears ½ c. Milk 1 c.</p> <p><b>Lunch</b> Teriyaki Chix 2.85 oz. Mini Chix season Rice ½ c. French Green Bean ½ c. Crunchy Bonzo Bean 2 oz. Pineapple ½ c. Milk 1 c.</p>	<p><b>Dec. 13</b></p> <p><b>Breakfast</b> Fruit Punch ½ C. WG Breakfast Brd 1 ea. Strawberry ½ c. Milk 1 c.</p> <p><b>Lunch</b> French tst Sticks 6 each Sausage Links 2 ea. corn ¼ c. Sweet Potato 1/2 c Fresh Apples ½ c. Milk 1 c.</p>	<p><b>Dec. 14</b></p> <p><b>Breakfast</b> Kiwi/Straw ½ C. Wild Berry Bread 1 sl. Apple Slices ½ c. Milk 1 c.</p> <p><b>Lunch</b> Turkey 3 oz. Gravy 1 oz. Roasted Squash 2 oz. Spinach fresh ½ c. Strawberries ½ c. Stuffing ½ c. Poppy Seed 1 oz. Milk 1 c. Dinner roll 1 ea.</p>

**Non-Discrimination Statement:** In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by: MAIL: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW

FAX: (202) 690-7442 EMAIL: [program.intake@usda.gov](mailto:program.intake@usda.gov) "This institution is an equal opportunity provider."

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.

**\*\*ALL STAFF\*\* Please refer to "Daily Food Production Record," for the correct portion/serving size for all menu items. \*\***

**\*\*DECEMBER 17, 2018 to JANUARY 18, 2019\*\* BREAKFAST & LUNCH MENU FOR ARBOR ACADEMY, AUGUSTA ACADEMY, EVERGREEN ACADEMY, FOREST ACADEMY, AND OAKLAND ACADEMY .**

<p align="center"><b>DEC. 17</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td>Grape Juice ½ C. W/G Frosted Flak 1 bowl Diced peaches ½ C. WG Gold fish Crack 1 pk. Milk 1 c.</td> <td>Ravioli 1 cup Grd. Beef 2 oz. Green Beans ½ c. Carrot Sticks ¼ c. Pineapple ½ c. W/G Garlic Bread 1 Milk 1 c.</td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	Grape Juice ½ C. W/G Frosted Flak 1 bowl Diced peaches ½ C. WG Gold fish Crack 1 pk. Milk 1 c.	Ravioli 1 cup Grd. Beef 2 oz. Green Beans ½ c. Carrot Sticks ¼ c. Pineapple ½ c. W/G Garlic Bread 1 Milk 1 c.	<p align="center"><b>DEC. 18</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td>Fruit Punch ½ C. W/G Bagel 1 ea. Strawberries 4 oz. Cream Cheese 1 ea. Milk 1 C.</td> <td>W/G Fr Brd Pizza 1 each. Cooked Carrots 1/4 c. Romine lettuce 1 c. Diced Tomatoes 1/4 c. Ranch Dressing 1 pc. Diced Pears ½ c. Milk 1 C.</td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	Fruit Punch ½ C. W/G Bagel 1 ea. Strawberries 4 oz. Cream Cheese 1 ea. Milk 1 C.	W/G Fr Brd Pizza 1 each. Cooked Carrots 1/4 c. Romine lettuce 1 c. Diced Tomatoes 1/4 c. Ranch Dressing 1 pc. Diced Pears ½ c. Milk 1 C.	<p align="center"><b>DEC. 19</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td>Very Berry Juice ½ C. W/G Lucky Charms 1 pkg. Fresh Banana 1 ea. String Cheese 1 ea. Milk 1 c.</td> <td>Beef Chili 6 oz. Shred cheese 1 oz. Peas 1/2 c. Fr. Broccoli Bites ¼ c. Slice Mixed Fruit ½ c. Ranch dip 1 pc W/G Honey corn Biscuit 1 ea. Milk 1 c.</td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	Very Berry Juice ½ C. W/G Lucky Charms 1 pkg. Fresh Banana 1 ea. String Cheese 1 ea. Milk 1 c.	Beef Chili 6 oz. Shred cheese 1 oz. Peas 1/2 c. Fr. Broccoli Bites ¼ c. Slice Mixed Fruit ½ c. Ranch dip 1 pc W/G Honey corn Biscuit 1 ea. Milk 1 c.	<p align="center"><b>DEC. 20</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td>Orange/Tan J. ½ C. W/G Break Bar 1 ea. Diced Pears ½ c. Milk 1 C.</td> <td>Brd Baked Chicken Leg Au gratin Potato ½ c. Celery Sticks ½ c. W/G Wheat Bread St 1 ea. Oleo PC 1 ea. Fruit Slushie 4 oz. Milk 1 C.</td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	Orange/Tan J. ½ C. W/G Break Bar 1 ea. Diced Pears ½ c. Milk 1 C.	Brd Baked Chicken Leg Au gratin Potato ½ c. Celery Sticks ½ c. W/G Wheat Bread St 1 ea. Oleo PC 1 ea. Fruit Slushie 4 oz. Milk 1 C.	<p align="center"><b>DEC. 21</b></p> <p align="center"><b>Winter Break</b></p>						
<b>Breakfast</b>	<b>Lunch</b>																									
Grape Juice ½ C. W/G Frosted Flak 1 bowl Diced peaches ½ C. WG Gold fish Crack 1 pk. Milk 1 c.	Ravioli 1 cup Grd. Beef 2 oz. Green Beans ½ c. Carrot Sticks ¼ c. Pineapple ½ c. W/G Garlic Bread 1 Milk 1 c.																									
<b>Breakfast</b>	<b>Lunch</b>																									
Fruit Punch ½ C. W/G Bagel 1 ea. Strawberries 4 oz. Cream Cheese 1 ea. Milk 1 C.	W/G Fr Brd Pizza 1 each. Cooked Carrots 1/4 c. Romine lettuce 1 c. Diced Tomatoes 1/4 c. Ranch Dressing 1 pc. Diced Pears ½ c. Milk 1 C.																									
<b>Breakfast</b>	<b>Lunch</b>																									
Very Berry Juice ½ C. W/G Lucky Charms 1 pkg. Fresh Banana 1 ea. String Cheese 1 ea. Milk 1 c.	Beef Chili 6 oz. Shred cheese 1 oz. Peas 1/2 c. Fr. Broccoli Bites ¼ c. Slice Mixed Fruit ½ c. Ranch dip 1 pc W/G Honey corn Biscuit 1 ea. Milk 1 c.																									
<b>Breakfast</b>	<b>Lunch</b>																									
Orange/Tan J. ½ C. W/G Break Bar 1 ea. Diced Pears ½ c. Milk 1 C.	Brd Baked Chicken Leg Au gratin Potato ½ c. Celery Sticks ½ c. W/G Wheat Bread St 1 ea. Oleo PC 1 ea. Fruit Slushie 4 oz. Milk 1 C.																									
<p align="center"><b>DEC. 24</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>DEC. 25</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Merry Christmas!!</b></td> </tr> <tr> <td align="center" colspan="2"></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Merry Christmas!!</b>				<p align="center"><b>DEC. 26</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>DEC. 27</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>DEC. 28</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>	
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Merry Christmas!!</b>																										
																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<p align="center"><b>DEC. 31</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>JAN. 1, 2019</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Christmas Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Happy New Year!</b></td> </tr> </table>	<b>Breakfast</b>	<b>Christmas Lunch</b>	<b>Happy New Year!</b>		<p align="center"><b>JAN. 2</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>JAN. 3</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>		<p align="center"><b>JAN. 4</b></p> <table border="0"> <tr> <td><b>Breakfast</b></td> <td><b>Lunch</b></td> </tr> <tr> <td align="center" colspan="2"><b>Winter Break</b></td> </tr> </table>	<b>Breakfast</b>	<b>Lunch</b>	<b>Winter Break</b>			
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Christmas Lunch</b>																									
<b>Happy New Year!</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										
<b>Breakfast</b>	<b>Lunch</b>																									
<b>Winter Break</b>																										

Milk is served with Breakfast and Lunch and it will be: 1.) 1 % WHITE MILK 1 CUP/8 oz. 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.

**\*\*ALL STAFF\*\* Please refer to "Daily Food Production Record," for the correct portion/serving size for all menu items. \*\***