

****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">JAN. 7</p> <p>Breakfast Grape Juice ½ C. W/G English Muffin Wow Butter 1 pc Jelly 1 oz. Blueberries ½ c. Milk 1 c.</p> <p>Lunch Italian Meatball 5 ea. Peas ½ c. Leafy Green salad 1 c. Cherry tomato 2 oz. Diced Pears ½ c. W/G Garlic Brd St. 1 ea. Milk 1 c.</p>	<p align="center">JAN. 8</p> <p>Breakfast Fruit Punch ½ C. W/G Turkey ham & Cheese on W/G Roll Mandarin Oranges ½ c. Milk 1 c.</p> <p>Lunch Beef Tacos 4 oz. Shred Cheese 2 oz. W/G Tortillas 2 ea. Shred Romaine 4 oz. Salsa 2 oz. Refried Beans ½ c. Fruit Cocktail ½ c. Milk 1 c.</p>	<p align="center">JAN. 9</p> <p>Breakfast Very Berry Juice ½ C W/G Bagel with cinn Cream cheese 1 ea. Fresh Banana 1 ea. Milk 1 c.</p> <p>Lunch WG Popcorn Chic 10 ea. Mashed potato ½ c. Carrot Sticks 2 oz. Ranch Dip 1 pc Strawberries ½ c. W/G Corn loaf 1 ea. Milk 1 c.</p>	<p align="center">JAN. 10</p> <p>Breakfast Strawberry/Kiwi ½ C. Maple Pancakes 1 pkg. Peaches ½ c. Milk 1 c. Syrup Pc 1</p> <p>Lunch Pizza Casserole 1 c. 4 oz. pasta/2 oz. beef 2 oz. sauce 1 oz. cheese Corn ½ c. Broccoli Bites ¼ c. Ranch dip 1 pc Orange section ½ c. Garlic tst 1 ea. Milk 1 c.</p>	<p align="center">JAN. 11</p> <p>Breakfast Orange/Tan J ½ c. W/G Cinn Toast Crunch 1 ea. W/G Animal Cracker 1 pkg. Mixed Berries ½ c. Milk 1 c.</p> <p>Lunch W/G Chic Patty 1 W/G Bun Seasoned Broccoli & Cauliflower ½ c. Sliced Cucumbers ½ c. Mayo Pc 1 Fresh Banana 1 ea. Milk 1 c.</p>
<p align="center">JAN. 14</p> <p>Breakfast Grape Juice ½ C. W/G Break Bar 1 ea. Pears ½ c. Milk 1 c.</p> <p>Lunch Seasoned Philly Beef 4 oz W/G Bun 1 ea. Top w/ Mozz Cheese 1 oz Sweet potato ½ c. Celery Sticks ¼ c. Applesauce ½ c. Milk 1 c.</p>	<p align="center">JAN. 15</p> <p>Breakfast Fruit Punch ½ C. W/G Cheerios 1 ea. Yogurt 4 oz. Pineapple ½ c. Milk 1 c.</p> <p>Lunch Beef and Bean Burrito 1 Spanish Rice ½ c. Green Beans ½ c. Baby Carrots ½ c. Ranch Dip 1 pc. Fresh Apple Slices ½ c. Milk 1 c.</p>	<p align="center">JAN. 16</p> <p>Breakfast Very Berry Juice ½ C W/G Chocolate Donut 1 pk. Pineapple ½ c. Milk 1 c.</p> <p>Lunch Chicken Strips 3 each Romaine lettuce 1 c. Cherry Tomato 2 oz. Italian dressing 1 pc Corn ½ c. Fruit Cocktail ½ c. W/G Bread slice 1 ea. Oleo 1 pc Milk 1 c.</p>	<p align="center">JAN. 17</p> <p>Breakfast Orange/Tan J. ½ C. W/G Egg and Cheese Sandwich 1 ea. Diced Peaches ½ c. Milk 1 c.</p> <p>Lunch Turkey Ham & Cheese Slider on 2 sliced W/G Mini Buns Mixed Veggies ½ c. Potato Smiles 4 ea. Blueberries ½ c. Mayo/Mustard pc 1 ea. Milk 1 c.</p>	<p align="center">JAN. 18</p> <p>Breakfast Strawberry/Kiwi ½ c. French Tst Sticks 3 each Syrup 1 pc Strawberries ½ c. Milk 1 c.</p> <p>Lunch Turkey Burge 2.75 oz. W/G Bun 1 ea. Vegetarian Beans ½ c Shred Romaine 4 oz. (for sandwich) Mayo pc 1 Fresh Melon ½ c. Milk 1 c.</p>

*****When we receive the rest of the menu from our Commissary we will send home. Sorry for any confusion!!*****

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FAX: (202) 690-7442 **EMAIL:** 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. 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. ****