

## Academir

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Monday	Tuesday	Wednesday	Thursday	Friday
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			BREAKFAST: Red Apple English Muffin butter & jelly Milk LUNCH: Chicken Chop Suey Special Rice Corn Mixed Green Salad ranch dressing Pineapple Milk SNACK: Animal Crackers Juice	BREAKFAST: Cinnamon Apples* Yogurt** Cereal** Milk LUNCH: Cheeseburger (lettuce, tomatoes) Ketchup, Mayo, Mustard Green Beans Pears Milk SNACK: Cheese Sticks Saltine Crackers
5	6	7	8	9
BREAKFAST: Red Apple Cereal Milk LUNCH: Pulled Chicken **Brown Rice** Green Beans & Corn Peaches Milk SNACK: Juice Saltine Crackers	BREAKFAST: Peaches Bagel Cream Cheese Milk LUNCH: Roasted Turkey Plantains Yellow Rice Spinach ranch dressing Tropical Mixed Fruit Roll Milk SNACK: Yogurt Fruit Salad	BREAKFAST: Orange Natural Cereal** Milk LUNCH: Macaroni & Cheese Garlic Bread Broccoli Pineapple Milk SNACK: Red Apple Cheese Crackers	BREAKFAST: Banana Blueberry Muffin** Apple Juice* Milk LUNCH: Cuban Stew Congri Mixed Vegetables Cantaloupe Milk SNACK: Cheese Slices** Flour Tortilla**	BREAKFAST: Toast butter** Cheese Slices** Applesauce Milk LUNCH: Chicken Nuggets** ketchup Roll Mixed Green Salad w/Tomato Italian dressing Carrots Mandarin Orange Milk SNACK: Raisin Bread Milk





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Monday	Tuesday	Wednesday	Thursday	Friday
12	13	14	15	16
BREAKFAST:  Mandarin Orange  Cereal  Milk  LUNCH:  Turkey Ham in Sauce  **Brown Rice**  Green Beans & Carrots  Pineapple  Milk  SNACK:  Yogurt  Red Apple	BREAKFAST: Blueberry Bagel Cream cheese Pears Milk LUNCH: Beefaroni Garlic Bread Corn Applesauce Milk SNACK: Milk	BREAKFAST: Cheese Slices Mandarin Orange Bread butter Milk LUNCH: Picadillo Congri Sliced Tomatoes Peaches Milk SNACK: Juice	BREAKFAST: Cinnamon Apple WG Bread** Turkey Sliced Mayo** Milk LUNCH: Hot Dog ketchup Bun Mixed Vegetables Mandarin Orange Milk SNACK: Sliced Turkey Bread Mayo	BREAKFAST: Cereal** Pineapple* Milk LUNCH: Arroz con Pollo Green Beans Mixed Green Salad Ranch dressing Roll Peaches Milk SNACK: Juice Pretzels**
19	Blueberry Muffin	Cheese Crackers	22	23
HAPPY A PRESIDENTS A DAY!	BREAKFAST: Pineapple** Cereal** Milk LUNCH: Chicken nuggets ketchup Broccoli Tater Tots Bread Applesauce Milk SNACK: Corn Muffin Milk	BREAKFAST: Fruit Salad* Corn Muffin** Milk LUNCH: Salisbury Steak Yellow Rice Peas & carrots Honeydew Milk SNACK: Red Apple Milk	BREAKFAST: Peaches Yogurt** English Muffin Butter & Jelly Milk LUNCH: Sesame Noodles w/Chicken & Vegetables Mixed Vegetables Tropical Mixed Fruit Milk SNACK: Yogurt Juice	BREAKFAST: Orange Natural Cereal** Milk LUNCH: Meatballs Mashed Potatoes Bread Mixed Green Salad Ranch dressing Red Apple Milk SNACK: Milk Assorted Crackers





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Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28		
BREAKFAST: Peaches Cereal Milk LUNCH: Sloppy Joe on a Bun Italian Green Beans Tater Tots Pineapple Milk SNACK:	BREAKFAST:  Mandarin Oranges  Raisin Bread  Milk  LUNCH:  Pollo Guisado  **Brown Rice**  Mixed Vegetables  Black Beans  Red Apple  Milk	BREAKFAST: Cantaloupe Toast** butter** Milk LUNCH: Turkey Meatloaf ketchup Mashed Sweet Potatoes Broccoli Fruit Cocktail		
Graham Crackers Milk	SNACK: Cheese Slices Assorted Crackers	Bread  Milk <u>SNACK:</u> Juice  Pita Bread		



