

Week 1

THE ACADEMY MENU

Sunday

LUNCH: Cheeseburger with French Fries, Carrots, Pineapples and Apples

DINNER: Open Face Turkey sandwich with Au Gratin Potatoes, Mixed Vegetables, and Oranges

Monday

LUNCH: Open Face Chicken with Cheese Sauce, or Fish Sandwich with French Fries, Peas, Peaches and Apples

DINNER: Pork Loin with Diced Potatoes, Peas, Bread and Apples

Tuesday

LUNCH: Reuben Sandwich or Hot Roast Beef on Roll, Honey Carrots, Green Beans, Mixed Fruit and Bananas

DINNER: Baked Chicken Thighs with Wild Rice, Corn, Bread and Pears

Wednesday

LUNCH: Chicken Salad Hoagie or Turkey & Cheese Hoagie with Lettuce and Tomato, Broccoli, Soft Pretzels, Apple Slices and Oranges

DINNER: Hot Sausage Hoagie with Tater Tots, Broccoli, Bread and Pineapples

Thursday

LUNCH: Tuna Au Gratin or Beef Wiener with Baked Beans, Green Beans, Pineapple and Apples

DINNER: Rotini with Marinara Meat Sauce, Green Beans, Bread and Oranges

Friday

LUNCH: Stuffed Crust Pizza or Chicken Tenders, Romaine/Red Pepper Strips, Soft Pretzel, Broccoli, Peaches and Oranges

DINNER: Ribs with Rosemary Potatoes, Oriental Blend, and Bread

Saturday

LUNCH: Breaded Chicken Patty Sandwiches with Sweet Potato Fries, Corn, Pears and Oranges

DINNER: Salisbury Steak with Whipped Potatoes, Corn, Bread and Pears

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

Week 2

THE ACADEMY MENU

Sunday

LUNCH: Chicken Filets with Whole Grain Dinner Roll, Baked Potato, Peas, Mixed Fruit, and Apples
DINNER: Beef Fritters with Rosemary Potatoes, Carrots, Peaches and Bread

Monday

LUNCH: Turkey Devonshire or Cheese Steak Hoagie with Tater Tots, Broccoli, Pineapple and Oranges
DINNER: Beef Stroganoff over Egg Noodles with Green Beans, Bread and Pineapples

Tuesday

LUNCH: Soft Shell Chicken Taco or Tuna Salad Sandwich with Lettuce & Tomato, Carrots, Peaches and Bananas
DINNER: Potato Crusted Cod with Scalloped Potatoes, Peas, Bread and Bananas

Wednesday

LUNCH: Spaghetti with Meat Marinara or Ham Barbeque Sandwich with Three Bean Salad, Corn, Pears and Apples
DINNER: Meatloaf with Rice Pilaf, Broccoli, Bread and Oranges

Thursday

LUNCH: Gyro on Pita or Nachos Grande with Mixed Greens, Red Peppers & Onions, Peaches, and Bananas
DINNER: Orange Glazed Chicken Breast with Tater Tots, Mixed Vegetables, Bread and Apples

Friday

LUNCH: Tuna Au Gratin or Italian Hoagie with Lettuce & Tomato, Green Beans, Mixed Fruit and Oranges
DINNER: Cheese Ravioli with Meat Marinara Sauce with Carrots, Bread and Pears

Saturday

LUNCH: Cheeseburger on Roll with Tater Tots, Carrots, Pineapples, and Apples
DINNER: Baked Chicken Legs with Whipped Potatoes, Corn, Bread and Peaches

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

THE ACADEMY MENU

Sunday

LUNCH: Turkey Hoagie with Lettuce & Tomato, Peas, Pears, and Oranges

DINNER: Salisbury Steak with Au Gratin Potatoes, Broccoli, Bread and Peaches

Monday

LUNCH: Hot Sausage Sandwich or Chicken Ala King with Soft Pretzel, Broccoli, Carrots, Peaches and Apples

DINNER: Pork Chops with Whipped Potatoes, Green Beans, Bread and Pears

Tuesday

LUNCH: Fish Sandwich or Turkey Hoagie with Sweet Potato Fries, Peas, Mixed Fruit and Bananas

DINNER: Rigatoni and Marinara Meat Sauce, with Peas, Bread and Mixed Fruit

Wednesday

LUNCH: Meatball Hoagie or BBQ Riblet Sandwich with Baked Beans, Green Beans, Sliced Apples and Oranges

DINNER: BBQ Chicken Breast with Rosemary Potatoes, Corn, Bread and Oranges

Thursday

LUNCH: Chicken Tenders with Pierogies, Chopped Romaine, Corn, Pineapples and Bananas

DINNER: Fish with Rice Medley, Mixed Vegetables, Bread and Apples

Friday

LUNCH: Cheese Pizza or Open Face Chicken with Cheese Sauce, Lettuce & Tomato, Broccoli, Peaches and Oranges

DINNER: Beef Tips over Egg Noodles with Green Beans, Bread and Bananas

Saturday

LUNCH: Chicken Patty Sandwich with Tater Tots, Mixed Vegetables, Pears and Apples

DINNER: Baked Salisbury Steak with Whipped Potatoes, Corn, Bread and Pears

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

Week 4

THE ACADEMY MENU

Sunday

LUNCH: BBQ Rib Sandwich, Whipped Potatoes, Carrots, Sliced Apples and Oranges

DINNER: Chef's Choice with Au Gratin Potatoes, Peas, Bread and Pears

Monday

LUNCH: Fish Sandwich or Ham and Cheese Sandwich with Lettuce & Tomato, Broccoli, Peaches and Bananas

DINNER: Chicken over Rice with Broccoli, Bread and Oranges

Tuesday

LUNCH: Spaghetti with Meat Marinara or Open Face Chicken with Cheese Sauce, Whole Grain Bread Sticks, Mixed Greens, Carrots, Pears and Apples

DINNER: Beef Tips over Egg Noodles with Carrots, Bread and Pineapples

Wednesday

LUNCH: Macho Meat Burrito or BBQ Riblet Sandwich with Baked Beans, Green Beans, Mixed Fruit and Bananas

DINNER: Rigatoni with Meat Sauce, Green Beans, Bread and Mixed Fruit

Thursday

LUNCH: Sweet and Sour Chicken or Tuna Salad Sandwich with Brown Rice, Oriental Mixed Vegetables, Corn, Pears and Apples

DINNER: Meat Loaf with Whipped Potatoes, Corn, Bread and Pears

Friday

LUNCH: Stuffed Crust Cheese Pizza or Vegetable Lasagna with Soft Pretzel, Mixed Vegetables, Peas, Peaches, and Bananas

DINNER: Cod with Rice Pilaf, Mixed Vegetables, Bread and Peaches

Saturday

LUNCH: Italian Hoagie with French Fries, Broccoli, Pineapple and Oranges

DINNER: Honey Chicken Breast with Diced Potatoes, Broccoli, Bread and Pineapple

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals

THE ACADEMY MENU

Sunday

LUNCH: Cheeseburger on Roll with Onion Rings, Baby Carrots, Apple Slices, and Bananas

DINNER: Fish with Wild Rice, Green Beans, and Apples

Monday

LUNCH: Beefy Macaroni or Chicken Taco with Mixed Greens, Broccoli, Oranges and Apples

DINNER: Roasted Pork Loin with Diced Potatoes, Broccoli, Bread and Oranges

Tuesday

LUNCH: Cheeseburger on Roll or Sausage Hoagie with Lettuce & Tomato, BBQ Baked Beans, Pineapples and Bananas

DINNER: Breaded Chicken with Rice Pilaf, Corn, Bread and Apples

Wednesday

LUNCH: Macho Meat Burrito or Sweet N Sour Chicken with Broccoli, Carrots, Brown Rice, Peaches and Oranges

DINNER: Open Faced Turkey Over Bread, Whipped Potatoes, Carrots, and Fruit

Thursday

LUNCH: Roast Beef Sandwich or Chicken Parmesan Sandwich with Corn, Green Beans, Pears, and Apples

DINNER: BBQ Ribs with Au Gratin Potatoes, Mixed Vegetables, Bread and Pineapples

Friday

LUNCH: Cheese Pizza or Cheese Ravioli with Oriental Blend Veggies, Mixed Fruit Cup, Bananas, and Soft Pretzel

DINNER: Baked Fish with Rice, Carrots, Bread and Oranges

Saturday

LUNCH: Meatball Hoagie with Sweet Potato Fries, Corn, Apples and Oranges

DINNER: Chicken Parmesan over Pasta with Green Beans, Bread and Apples

Salad Bar Available Daily

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THE ACADEMY MENU

Sunday

LUNCH: Soft Shell Chicken Taco with Lettuce & Tomato, Carrots, Pineapples, and Apples

DINNER: Open Face Roast Beef Sandwich with Whipped Potatoes, Corn, Bread and Bananas

Monday

LUNCH: Sloppy Joe on Roll or Tuna Salad Sandwich with Tater Tots, Corn, Peaches, and Oranges

DINNER: Baked Chicken Legs with Wild Rice, Broccoli, Bread and Oranges

Tuesday

LUNCH: Hot Roast Beef Sandwich or Cheese Tortellini with Green Beans, Sweet Potato Fries, Mixed Fruit and Bananas

DINNER: Swedish Meatballs over Egg Noodles with Green Beans, Bread and Apples

Wednesday

LUNCH: Turkey Devonshire or Cheeseburger on a Roll, Baked Beans, Broccoli, Peaches and Apples

DINNER: Rigatoni with Meat Sauce, Broccoli, Bread and Pineapples

Thursday

LUNCH: Chicken Cheese Steak or Fish Taco, with French Fries, Carrots, Apple Slices and Oranges

DINNER: Beef Tips over Egg Noodles with Mixed Vegetables, Bread and Pears

Friday

LUNCH: Fish Sandwich or Ham and Cheese Sandwich with Lettuce & Tomato, Peas, Pears, and Bananas

DINNER: Open Face Turkey Sandwich with Whipped Potatoes, Bread and Bananas

Saturday

LUNCH: Beef Wiener with French Fries, Broccoli, Pineapples, and Apples

DINNER: Baked Chicken with Mexican Style Rice, Broccoli, Bread and Oranges

Salad Bar Available Daily

1% Milk & Fat Free Chocolate Milk Served Daily with Meals