



THE ACADEMY SCHOOLS
The Academy Integrated Program

We also participate in the National School Lunch Program, whose non-discrimination policy follows. **This institution is an equal opportunity employer.**

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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Week 1

THE ACADEMY LUNCH MENU

Monday

LUNCH: Cheese Ravioli with Sauce, or Turkey Hoagie with Side Salad, Mixed Vegetables Apples, and Peaches

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

Tuesday

LUNCH: Academy Yogurt Power Pak, or Hot Roast Beef w/Gravy & Roll with Green Beans, Potatoes, Bananas, and Fruit Cocktail

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

Wednesday

LUNCH: Chef's Salad or Chicken Patty Sandwich with Lettuce and Tomato, with Sweet Potato Fries, Side Salad, Oranges, and Pears

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

Thursday

LUNCH: Tuna Salad Sandwich or Smokie Honey Rib Sandwich, with Side Salad, Baked Beans, Apples and Pineapple

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

Friday

LUNCH: Stuffed Crust Pizza or Chicken Nuggets with Dinner Roll with Side Salad, Broccoli, Oranges and Peaches

DINNER: Sloppy Joes with Rosemary Potatoes, Oriental Blend and Bread

Saturday

LUNCH: Academy Yogurt Power Pak or Meatball Hoagie with Penne, Side Salad, Three Bean Salad, Oranges and Pears

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

Sunday

LUNCH: Cheeseburger Sandwich with French Fries, Side Salad, Carrots, Pineapples and Apples

DINNER: Meat Lasagna, Broccoli, Bread and Oranges

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

Week 2

THE ACADEMY LUNCH MENU

Monday

LUNCH: Hot Dog or Chef's Salad with Tater Tots, Baked Beans, Oranges, and Pineapple

DINNER: Beef Stroganoff over Egg Noodles with Green Beans, Bread and Pineapples

Tuesday

LUNCH: Tuna Salad Sandwich or Soft Shell Chicken Taco with Side Salad, Fiesta Black Beans, Lettuce & Tomato, Bananas, and Peaches

DINNER: Meatloaf with Rice Pilaf, Broccoli, Bread and Oranges

Wednesday

LUNCH: Academy Yogurt Pak or Macaroni & Cheese with Dinner Roll, with Side Salad, Mixed Vegetables, Pears and Apples

DINNER: Orange Glazed Chicken Breast with Tater Tots, Mixed Vegetable, Bread and Apples

Thursday

LUNCH: Nachos or Gyro, with Side Salad, Red Peppers and Onion, Bananas and Peaches

DINNER: Beef Fritters with Rosemary Potatoes, Carrots, Bread and Peaches

Friday

LUNCH: Tuna Au Gratin or Italian Hoagie with Shredded Lettuce and Tomato, Side Salad, Green Beans, Fruit Cocktail, and Oranges

DINNER: Cheese Ravioli with Meat Sauce, Carrots, Bread and Pears

Saturday

LUNCH: Cheeseburger or Turkey Hoagie, with Tater Tots, Carrots, Apples, and Pineapple

DINNER: Baked Chicken Legs with Whipped Potatoes, Corn, Bread and Peaches

Sunday

LUNCH: Chicken Filet with Dinner Roll or Chef's Salad, Baked Potato, Apples and Fruit Cocktail

DINNER: Stuffed Peppers with Au Gratin Potatoes, Broccoli, Bread and Apple Sauce

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

Week 3

THE ACADEMY LUNCH MENU

Monday

LUNCH: General Tso's with Brown Rice or Hot Sausage Sandwich, with Side Salad, Broccoli, Apples and Peaches

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

Tuesday

LUNCH: Fish Sandwich or Turkey Hoagie, with Side Salad, Baby Carrots, Bananas, and Fruit Cocktail

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

Wednesday

LUNCH: Meatball Hoagie or Chef's Salad, Sweet Potato Fries, Side Salad, Oranges and Apples

DINNER: BBQ Chicken Breast, Scalloped Potatoes, Corn, Bread and Oranges

Thursday

LUNCH: Chicken Tenders with Pierogies, or Chef's Salad, with Side Salad, Corn, Bananas, and Pineapple

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

Friday

LUNCH: Deep Dish Pizza or Academy Yogurt Power Pak, with Side Salad, Broccoli, Oranges and Peaches

DINNER: Roast Beef with Wild Rice, Carrots, Bread and Peaches

Saturday

LUNCH: Hot Dog or Cheeseburger with Baked Beans, Mixed Vegetables, French Fries, Apples and Pears

DINNER: Hot Wings with Tater Tots, Corn, Bread and Pineapples

Sunday

LUNCH: Turkey Hoagie or Chef's Salad with Shredded Lettuce & Tomato, Side Salad, Peas, Oranges and Pears

DINNER: Stuffed Peppers, Au Gratin Potatoes, Peas, Bread and Applesauce

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Week 4

THE ACADEMY LUNCH MENU

Monday

LUNCH: Fish Sandwich or Ham and Cheese, with Shredded Lettuce and Tomato, Sweet Potato Fries, Broccoli, Apples and Peaches

DINNER: Beef Pepper Steak over Rice with Broccoli, Bread and Pears

Tuesday

LUNCH: Grilled Cheese Sandwich or Chef's Salad, w/ Tomato Soup, Side Salad, Carrots, Apples & Pears

DINNER: Breaded Chicken Drumstix with Diced Potatoes, Carrots, Bread and Peaches

Wednesday

LUNCH: Macho Meat Burrito or Tuna Salad Sandwich, with Baked Beans, Green Beans, Side Salad, Apples and Fruit Cocktail

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

Thursday

LUNCH: Sweet & Sour Chicken or Tuna Salad Sandwich, with Broccoli, Side Salad, Apples and Pears

DINNER: Open Faced Roast Beef with Gravy, Au Gratin Potatoes, Corn, Bread and Apples

Friday

LUNCH: Stuffed Crust Pizza or Lasagna, with Side Salad, Mixed Vegetables, Apples, and Peaches

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

Saturday

LUNCH: Academy Yogurt Power Pak or Italian Hoagie, with Fries, Broccoli, Oranges and Pineapples

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

Sunday

LUNCH: Riblet Sandwich or Chef's Salad, with Potatoes, Carrots, Apples and Oranges

DINNER: Sliced Turkey and Gravy, Stuffing, Peas, Bread and Peaches

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