

New Outlook Academy

4 Week Lunch Menu (1 of 2)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1						
Individual Green Salad, VDG, VRO, VO, MMA	Cheese Ravioli w/ Sauce, roseli	Academy Yogurt Power Pak	Chef's Salad-Academy	Pork Patty Rib Shaped 3oz cooked flame broiled	Chicken Nugget with Dinner Roll	Academy Yogurt Power Pak
Turkey Hoagie, MMA, WG	Turkey Hoagie	Hot Roast Beef Sandwich w/ Gravy, MMA, WG	Sandwich, Chicken Patty Sandwich, MMA, WG	Tuna Salad Sandwich- Academy	PIZZA, CHEESE 5" WEDGE STUFFED CRUST WHOLE GRAIN TFF FROZEN	Sandwich, Meatball Hoagie, MMA, WG
Offered With: - Shredded Lettuce and Tomato, VO, VRO	Mixed Vegetable					
Peas	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Green Beans, Frozen, Boiled, Veg-O	Potatoes, Sweet Potato Fries, Harvest Splendor Savory Sweet 5/16", McCain, 1000004309, Veg- RO	Bean, Pork fancy in Tomato Sauce Canned	Broccoli, Fresh, Cooked, Veg-DG	Pasta, Whole Grain Penne, Barilla, 1000013339, WGR
Side Salad, E-33, Veg-DG, Veg-O	Diced Peaches	Potato Pearls Extra Rich Mashed, Basic American Foods, 81837, Veg-S	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	SALAD, 3 BEAN FANCY CANNED
Oranges, raw, all commercial varieties, F	Chocolate Milk, Turners	Bananas, raw	Orange, whole	Pineapple	Diced Peaches	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O
Pears, Bartlett, canned, diced, packed in extra light syrup [100225, A434]	Milk, Turners	Fruit Cocktail	Pears, diced	whole apple	Orange, whole	Orange, whole
Milk, 1% Low Fat, Unflavored, Half Pint, Galliker		Chocolate Milk, Turners	Chocolate Milk, Turners	Chocolate Milk, Turners	Chocolate Milk, Turners	Pears, diced
Milk, Chocolate, Fat Free, Half Pint , Galliker's,		Milk, Turners	Milk, Turners	Milk, Turners	Milk, Turners	Chocolate Milk, Turners
Condiment, Mayonnaise, Light Reduced Calorie, Gallon, Cains, 71E261G0194						Milk, Turners
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 2						
Sandwich, Cheeseburger, MMA, WG	Chef's Salad-Academy	Soft Shell Chicken Taco, MMA, WG	Academy Yogurt Power Pak	Nachos, MMA, WG	Entree, Tuna Au Gratin, MMA, WG	Sandwich, Cheeseburger, MMA, WG
Potatoes, 3/8" Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S	Sandwich, Beef Hot Dog on Roll, MMA, WG	Tuna Salad Sandwich- Academy	Macaroni and Cheese with Dinner Roll -RS, RF 43274	Sandwich, Gyro, MMA, WG	Sandwich, Italian Hoagie, MMA, WG	Turkey Hoagie
Vegetable, Carrots, Diced, No Salt Added, Frozen, USDA Foods, 110480, VEG-RO	Bean, Pork fancy in Tomato Sauce Canned	Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP	Broccoli, Broccoli Frozen Boiled, Veg-DG	Corn, Golden or Yellow, frozen, w/ Margarine, Veg-	Green Beans, Frozen, Boiled, Veg- O	Green Beans, Frozen, Boiled, Veg-O
Apple, Raw, USDA Foods	Potatoes, Reduced Sodium Tater Tots, 2.52 oz., McCain, Ore-Ida, 1000002789, Veg-S	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Mixed Vegetable	Red Peppers and Onions, VRO, VO	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O
Pineapple	Orange, whole	Bananas, raw	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Steamed Peas 2025	Pineapple
Chocolate Milk, Turners	Diced Peaches	Chocolate Milk, Turners	Pears, diced	Bananas, raw	Fruit Cocktail	whole apple
Milk, Turners	Chocolate Milk, Turners	Milk, Turners	whole apple	Diced Peaches	Orange, whole	Chocolate Milk, Turners
			Chocolate Milk, Turners	Chocolate Milk, Turners	Chocolate Milk, Turners	Milk, Turners
			Milk, Turners	Milk, Turners	Milk, Turners	

New Outlook Academy

4 Week Lunch Menu (2 of 2)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3						
Chef's Salad-Academy	General Tso's with Brown Rice	Sandwich, Fish Sandwich, MMA, WG	Chef's Salad-Academy	Chef's Salad-Academy	Academy Yogurt Power Pak	Sandwich, Beef Hot Dog on Roll, MMA, WG
Chicken Filet w/ Dinner Roll, MMA, WG	Hot Sausage Sandwich, MMA, WG	Turkey Hoagie	Sandwich, Meatball Hoagie, MMA, WG	Chicken Tenders w/ Pierogies, MMA, WG	Cheese Pizza, Tony's SmartPizza 4x6	Sandwich, Cheeseburger, MMA, WG
Potato, Baked with Skin, VS	Broccoli, Broccoli Frozen Boiled, Veg-DG	Baby Carrots with Ranch Dip, VRO	Potatoes, Sweet Potato Fries, Harvest Splendor Savory Sweet 5/16', McCain, 1000004309, Veg- RO	Corn, Whole Kernel, No Salt Added, Frozen, USDA, 100348, VEG-S	Cheese Pizza 50/50, 4.6 oz., Schwan's, 78673, M/MA, WGR, Veg-RO	Bean, Pork fancy in Tomato Sauce Canned
Fruit Cocktail	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Broccoli, Broccoli Frozen Boiled, Veg-DG	Potatoes, 3/8' Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S
whole apple	whole apple	Bananas, raw	Bananas, raw	Bananas, raw	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Pears, diced
Chocolate Milk, Turners	Diced Peaches	Fruit Cocktail	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Pineapple	Diced Peaches	whole apple
Milk, Turners	Chocolate Milk, Turners	Milk, Turners	Orange, whole	Chocolate Milk, Turners	Orange, whole	Chocolate Milk, Turners
	Milk, Turners		Chocolate Milk, Turners	Milk, Turners	Chocolate Milk, Turners	Milk, Turners
			Milk, Turners		Milk, Turners	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4						
Chef's Salad-Academy	Ham and Cheese Sandwich, MMA, WG	Chef's Salad-Academy	Macho Burrito, MMA, WG	Sweet & Sour Chicken, MMA	Lasagna Roll Up - Academy Special	Academy Yogurt Power Pak
Turkey Hoagie	Sandwich, Fish Sandwich, MMA, WG	Sandwich, Grilled Cheese, Whole Grain White, IW, 4.15 oz, Bake Crafters, 6659, MMA, WGR	Tuna Salad Sandwich, MMA, WG, VO	Tuna Salad Sandwich- Academy	Pizza, The Max Stuffed Crust Pizza Cheese 12407	Sandwich, Italian Hoagie, MMA, WG
Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Broccoli, Broccoli Frozen Boiled, Veg-DG	Carrots, cooked, boiled, drained, without salt	Beans, Taco Fiesta Black Beans Bush's Best, Veg-BP	Broccoli, Broccoli Frozen Boiled, Veg-DG	Mixed Vegetable	Broccoli, Broccoli Frozen Boiled, Veg-DG
Steamed Peas	Potatoes, Sweet Potato Fries, Harvest Splendor Savory Sweet 5/16', McCain, 1000004309, Veg- RO	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Green Beans, Frozen, Boiled, Veg- O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Potatoes, 3/8' Straight Cut Extra Long French Fries, 2.29 oz, McCain, MCX40, Veg-S
2025 Orange,	Diced Peaches	Soup, Tomato Soup, Canned, Campbell's, 51000-00016	Side Salad, Romaine, Tomato, Cucumber, DG, RO, O	Pears, diced	Diced Peaches	Orange, whole
whole Pears, diced	whole apple	Pears, diced	Fruit Cocktail	whole apple	whole apple	Pineapple
Chocolate Milk, Turners	Chocolate Milk, Turners	whole apple	whole apple	Chocolate Milk, Turners	Chocolate Milk, Turners	Chocolate Milk, Turners
Milk, Turners	Milk, Turners	Chocolate Milk, Turners	Chocolate Milk, Turners	Milk, Turners	Milk, Turners	Milk, Turners
		Milk, Turners	Milk, Turners			