

				Friday W3
				
Monday W1	Tuesday	Wednesday	Thursday	Friday
4 Waffle Scramble Egg Fruit Cup, Fruit Juice, Milk Childog Cesear Salad Baked bean Wedges	5 Pancake w/2 Sausage Links Fruit Cup, Fruit Juice, Milk Chicken Tender w/Roll Sweet potato fries Cole Slaw	6 Pizza Fruit Cup, Fruit Juice, Milk Salsbury Steak w/Roll & Steamed Rice Broccoli w/Cheese Peas/Carrots	7 Muffin yogurt Fruit Cup, Fruit Juice, Milk Assorted Wings w/Roll Toss salad (8oz) WK Corn Celery/Carrot	8 Cereal, Granola bar Fruit Cup, Fruit Juice, Milk Cheeseburger w/Lettuce Tomato Sweet potato tots cucumber salad
Monday W2	Tuesday	Wednesday	Thursday	Friday
11 Soft Bar Pastry, Fruit Cup, Fruit Juice, Milk Beef n' Mac w/roll Orange Spinach Salad Cobb corn	12 Mini Bagel Fruit Cup, Fruit Juice, Milk Chicken Fajita w/Tortilla Salsa BBQ Pinto Bean Sliced cucumber	13 Pancake Sandwich, Fruit Cup, Fruit Juice, Milk Meat Ball w/roll Mashed potato Green Beans	14 Donut Fruit Cup, Fruit Juice, Milk Teriyaki Chicken w/spring roll Brown Rice Broccoli w/Cheese Steam Glazed carrots	15 Cereal, Pop Tart, Fruit Cup, Fruit Juice, Milk Sloppy Joe, Sweet Potato Fries, Roasted Corn
Monday W3	Tuesday	Wednesday	Thursday	Friday
18 Cheesy Eggs with Biscuit Fruit Cup, Fruit Juice, Milk Chicken Alfredo w/garlic toast broccoli Graden salad	19 Chicken biscuit Fruit Cup, Fruit Juice, Milk Beefy Taco w/Spanish Rice Lettuce & Tomato (1/4cRO) Taco Fiesta Black Bean Lettuce & Tomato (1/4cO)	20 French Toast Sticks Fruit Cup, Fruit Juice, Milk Chicken Nugget w/roll Mashed Potatoes Green Beans	21 Cinnamon Roll Fruit Cup, Fruit Juice, Milk Chicken Sandwich Orange Spinach salad French fries	22 Cereal, Granola Bar Fruit Cup, Fruit Juice, Milk Pizza Sweet Potato Fries Corn
Monday W1	Tuesday	Wednesday	Thursday	Friday
25 Waffle Scramble Egg Fruit Cup, Fruit Juice, Milk Cornog Cesear Salad Baked bean Wedge	26 Pancake w/2 Sausage Links Fruit Cup, Fruit Juice, Milk Chicken Tender w/Roll Sweet potato fries Cole Slaw	27 Pizza Fruit Cup, Fruit Juice, Milk Salsbury Steak w/Roll & Steamed Rice Broccoli w/Cheese Peas/Carrots	28 Muffin yogurt Fruit Cup, Fruit Juice, Milk Assorted Wings w/Roll Toss salad (8oz) WK Corn Celery/Carrot	29 Cereal, Granola bar Fruit Cup, Fruit Juice, Milk Cheeseburger w/Lettuce Tomato Sweet potato tots cucumber salad

Please note that due to resources menu is subject to change without prior notice. Utopian Academy Nutrition Department will **always** bring tasty & nutritious meals to each scholar.

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