


Monday	Tuesday	Wednesday	Thursday	Friday
	<p>5</p> <p>Breakfast Pizza Fruit Cup Fruit Juice</p> <p>Cheeseburger Toss Salad Tots Fruit</p>	<p>6</p> <p>Southwest Egg Frittata w/ Sausage Link Toast Fruit Cup Fruit Juice</p> <p>Chicken Nugget w/Roll Macaroni Cheese Seasoned Greens Fruit</p>	<p>7</p> <p>Cinnamon Role IW Cheese stick Fruit Cup Fruit Juice</p> <p>Country Fried Steak Mashed Potato Peas and Carrots Roll Fruit Mix</p>	<p>8</p> <p>Cereal w/ Gram Cracker Fruit Cup Fruit juice</p> <p>Cheesy Chicken Quesadilla Black Bean Apple Slaw Tortilla Chip w/ Salsa Fruit</p>
	Monday	Tuesday	Wednesday	Thursday
<p>11</p> <p>Grits w/ Sausage Toast Fresh Fruit Fruit Juice</p> <p>BBQ Meatballs Pasta Salad Garlic Roast Veggie Fruit</p>	<p>12</p> <p>Chicken Biscuit WQ Fruit cup Fruit Juice</p> <p>Chicken Alfredo w/Roll Steam Broccoli Fruit</p>	<p>13</p> <p>Waffle w/scramble egg Fruit cup Fruit Juice</p> <p>Pizza French Fries Cucumber Salad Fruit</p>	<p>14</p> <p>Hashbrown Bowl Fruit cup Fruit Juice</p> <p>Salisbury Steak w/ Roll Steam Rice Green Bean Steam Carrots Fruit</p>	<p>15</p> <p>Muffin w/ Yogurt Cup Fruit cup Fruit Juice</p> <p>Chicken Taco w/Tortila Chip Mexican Corn Black Bean Fruit</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>18</p> <p>Sausage Biscuit Fruit cup Fruit Juice</p> <p>Chicken, Rice Broccoli Casserole Texas Toast Steam Carrots Fruit</p>	<p>19</p> <p>Pancake Taco Fruit cup Fruit Juice</p> <p>BBQ Chicken Sandwich Baked Bean Cauliflower w/cheese, Fruit</p>	<p>20</p> <p>French Toast Stick w/Turkey Sausage Fruit cup Fruit Juice</p> <p>Baked Chicken w/Roll Veggie Rice Sautéed Spinach Fruit</p>	<p>21</p> <p>Breakfast Pizza Fresh Fruit Fruit Juice</p> <p>Beef Mac w/Roll Roasted Carrots Green Bean Fruit</p>	<p>22</p> <p>Fruit Yogurt w/Granola Bar Fresh Fruit Fruit Juice</p> <p>Chicken Tender w/ Roll Sweet potato Fries Spinach salad Fruit</p>

Note: Variety Cereal w/ Granola Bar Option Available Daily Note: Water available daily Note: 1% Milk, Fat-Free Chocolate Milk, Fat-Free Strawberry Milk Served Daily Note: Allergy free and Vegetarian meals are provided as needed.

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.

This institute is an equal opportunity provider under Federal and State Civil Rights and Equal opportunity for all.

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>25</b>  <i>Breakfast Bagel</i>  <i>Fruit Cup</i>  <i>Fruit Juice</i></p> <p><i>Meatloaf w/Roll</i>  <i>Cabbage</i>  <i>Black Eye Peas</i>  <i>Fruit</i></p>	<p><b>26</b>  <i>Southwest Egg</i>  <i>Frittata</i>  <i>w/ Sausage Link</i>  <i>Toast</i>  <i>Fruit Cup</i>  <i>Fruit Juice</i></p> <p><i>Chicken Tender</i>  <i>Roll</i>  <i>Mashed Potato</i>  <i>Seasoned Greens</i>  <i>Fruit</i></p>	<p><b>27</b>  <i>Breakfast Pizza</i>  <i>Fresh Fruit</i>  <i>Fruit Juice</i></p> <p><i>Chicken Sandwich</i>  <i>Toss Salad</i>  <i>French Fries</i>  <i>Fruit</i></p>	<p><b>28</b>  <i>Breakfast Pastry</i>  <i>Yogurt Cup</i>  <i>Fruit Cup</i>  <i>Fruit Juice</i></p> <p><i>Turkey Sub</i>  <i>Carrot &amp; Celery</i>  <i>Cookie</i>  <i>Fruit</i></p>	<p><b>29</b>  <i>Cereal w/ Gram Cracker</i>  <i>Fruit Cup</i>  <i>Fruit juice</i></p> <p><i>Meatball Sub</i>  <i>Roasted Broccoli</i>  <i>Roasted Red Potato</i>  <i>Fruit</i></p>

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