



Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Donut, Fruit cup, Fruit juice Lunch Chicken Ranch Wrap, Pasta salad, Cucumber Salad, Fruit	2 Breakfast Cereal, Granola Bar, Fruit Cup, Fruit Juice Lunch Turkey Swiss Sub, Baby Carrot Dipper, fruit	3 Breakfast Yogurt Parfit w/Granola Bar, Fruit cup, Fruit juice Lunch Turkey Cobb Salad w/Crackers, Black Bean Salsa, Fruit	4 Breakfast Cereal, Granola Bar, Fruit Cup, Fruit Juice Lunch Chicken Wrap, Spinach Salad, Cucumber Salad, fruit 8am-12pm
Monday	Tuesday	Wednesday	Thursday	Friday
				
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14 Breakfast Soft Pastry, Fruit cup, Fruit Juice Lunch Deluxe Turkey Sandwich, Spinach Salad, Carrot Dipper, fruit	15 Breakfast Donut, Fruit cup, Fruit juice Lunch Chicken Ranch Wrap, Tomato Dipper, Cucumber Salad, Fruit	16 Breakfast Cereal, Granola Bar, Fruit Cup, Fruit Juice Lunch <i>Turkey Cobb Salad w/Crackers, Black Bean Salsa, Fruit</i>	17 Breakfast Yogurt Parfit w/Granola Bar, Fruit cup, Fruit juice Lunch Chicken Pita Wrap, Carrot slaw, fruit	18 Breakfast Cereal, Granola Bar, Fruit Cup, Fruit Juice Lunch Southwestern Veggie Wrap w/Tortilla chip, Salsa, Corn dip, Fruit
Monday	Tuesday	Wednesday	Thursday	Friday
21 Breakfast Pop Tart, Fruit Cup, Fruit juice Lunch Pizza Lunch box, Celery Dipper, fruit	22 Breakfast Soft Pastry, Fruit cup, Fruit juice Lunch Turkey wrap w/ WG Harvest Chip, Carrot Slaw, Corn dip, fruit	23 Breakfast Cereal, Granola Bar, Fruit cup, Fruit juice Lunch Chef Salad w/pita bread, fruit	24 Breakfast Muffin, Yogurt, Fruit cup, Fruit juice Lunch Turkey Cheddar Sub, Romain salad, Carrot dipper, fruit	25 Breakfast Cereal, Granola Bar, Fruit Cup, Fruit Juice Lunch Chicken Wrap, Spinach Salad, Cucumber Salad, fruit
Monday	Tuesday	Wednesday	Thursday	Friday
28 Breakfast Soft Pastry, Fruit cup, Fruit Juice Lunch Deluxe Turkey Sandwich, Spinach Salad, Carrot	29 Breakfast Soft Pastry, Fruit cup, Fruit juice Lunch Buffalo Chicken Dip w/ WG Harvest Chip, Carrot Slaw, Corn dip, fruit	30 Breakfast Cereal, Granola Bar, Fruit cup, Fruit juice Lunch Pizza Lunch Box, Carrot dipper, fruit	31 Breakfast Muffin, Yogurt, Fruit cup, Fruit juice Lunch Veggie Panini, Romain salad, Carrot dipper, fruit	

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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