UTOPIAN ACADEMY FOR THE ARTS
MIDDLE SCHOOL

November Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Monday 11/02 **BREAKFAST** Oatmeal, Fruit cup, Fruit Juice, Milk Option **LUNCH** Tomato Soup w/Grilled Cheese, Steam Corn, Fresh Fruit	**Tuesday 11/03** ELBC Day	**Wednesday 11/04** **BREAKFAST** Chessy Grits w/Toast, Fruit cup, Fruit Juice, Milk Option **LUNCH** Walking Chicken Taco, Corn, Black Bean, Fruit	**Thursday 11/05** **BREAKFAST** Breakfast Pastry Fruit cup, Fruit Juice, Milk Option **LUNCH** BBQ Meatball w/Roll, Mashed Sweet Potato, Green Bean, Fresh Fruit	**Friday 11/06** **BREAKFAST** Parfit Cup Fruit cup, Fruit Juice, Milk Option **LUNCH** Pizza, Potato Tots, Cucumber Dipper, Fruit
Monday 11/09 **BREAKFAST** Breakfast Pizza, Fruit cup, Fruit Juice, Milk Option **LUNCH** Pulled Pork Sandwich, Steam Corn, Green Bean, Fruit	**Tuesday 11/10** **BREAKFAST** Mini Cinamon Roll, Fruit cup, Fruit Juice, Milk Option **LUNCH** Chicken Nacho, Romain Side Salad, Pinto Bean, Fruit	**Wednesday 11/11** **BREAKFAST** Breakfast Nuggets and hashbrown Fruit cup, Fruit Juice, Milk Option **LUNCH** Teriyaki Meatball w/Rice, Green Pea, Steam Carrots, Fruit	**Thursday 11/12** **BREAKFAST** Sausage Biscuit Fruit cup, Fruit Juice, Milk Option **LUNCH** Chicken Sandwich, Sweet Potato Fries, Celery Dipper, Fresh Fruit	**Friday 11/13** **BREAKFAST** Breakfast Pizza Fruit cup, Fruit Juice, Milk Option **LUNCH** Corndog, Cole Slaw, French Fries, Fruit
Monday 11/16 **BREAKFAST** Breakfast Pastry Fruit cup, Fruit Juice, Milk Option **LUNCH** Chicken Sandwich, Baked Bean, Corn, Fruit	**Tuesday 11/17** **BREAKFAST** Grits w/Toast Fruit cup, Fruit Juice, Milk Option **LUNCH** Supreme Beef Taco, Spanish Rice, Black Bean, Fresh Fruit	**Wednesday 11/18** **BREAKFAST** Breakfast Burrito Fruit cup, Fruit Juice, Milk Option **LUNCH** Chicken Wing w/Roll, Crispy Green Bean, Carrot, Fresh Fruit	**Thursday 11/19** **BREAKFAST** Pancake Fruit cup, Fruit Juice, Milk Option **LUNCH** Spaghetti w/Toast, Broccoli, Steam Carrot, Fruit	**Friday 11/20** **BREAKFAST** Yogurt Cup w/Granola Fruit cup, Fruit Juice, Milk Option **LUNCH** Italian Sticks w/Marinar Sauce, Steam Corn, Romain Salad, Fruit
Monday 11/23 Holiday Break	**Tuesday 11/24** Holiday Break	**Wednesday 11/25** Holiday Break	**Thursday 11/26** Holiday Break	**Friday 11/27** Holiday Break
Monday 11/30 **BREAKFAST** Cheesy Grits w/Sausage, Fruit Cup, Fruit Juice, Milk Option **LUNCH** Cheeseburger, Pinto bean, French Fries, Fruit	**Tuesday 12/01** **BREAKFAST** Fiery Sausage Bake, Fruit Cup, Fruit Juice, Milk Option **LUNCH** Chicken Quesadilla, Spinach Salas w/Tortilla, Fruit	**Wednesday 12/02** **BREAKFAST** Apple Oatmeal, Fruit Cup, Fruit Juice, Milk Option **LUNCH** Jerk Meatball Bow, Roasted Broccoli, Steam Carrots, Fruit Mexi Corn, Salas, Fresh Fruit	**Thursday 12/03** **BREAKFAST** Yogurt Parfit, Fruit Cup, Fruit Juice, Milk Option **LUNCH** Flavored Wings w/Roll, Steam Corn, Cole Slaw, Fruit	**Friday 12/04** **BREAKFAST** Cereal Option, Fruit Cup, Fruit Juice, Milk Option **LUNCH** Pizza, Sweet Potato, Cucumber 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. Contact: nutrition@utopianacademy.com