

Urban Academy Charter

September 2019

HOT LUNCH

Prices: Student - No Charge, Adult - \$3.85

SERVED DAILY

Regular Entrée
 Fresh Green Salad - Garden, Caesar, Spinach Mix, OR Oriental
 Low Fat Dressing/Dip
 Fresh Veggies - Carrots, Broccoli, Cucumber, Tomatoes, OR Celery
 Fresh Fruit - Apple, Orange, OR Banana
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Labor Day	Cheeseburger Salad, Veggies, Fruit, Milk VEG--Cheese Lasagna Dinner Roll	Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk VEG - Multi-Cheese Sand	Teriyaki Chicken Legs w/ Steamed Rice Salad, Veggies, Fruit, Milk VEG - Egg Salad on Bun	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
9	10	11	12	13
Chicken Patty Sandwich Roasted Potatoes Salad, Fruit, Milk VEG - Italian Cheese Hoagie	Cheese Pizza Salad, Veggies, Fruit, Milk VEG - Same	Swedish Meatballs w/ Pasta & Roll Salad, Veggies, Fruit, Milk VEG - Egg Salad on Bun	Chicken & Cheese Nachos Baked Beans Salad, Fruit, Milk VEG - Cheese Burrito	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk VEG - Same
16	17	18	19	20
Chicken Patty Sandwich Potato Wedges Salad, Fruit, Milk VEG - Egg Salad Hoagie	Chicken Alfredo Garlic Breadstick Salad, Veggies, Fruit, Milk VEG - Cheesy Alfredo	Corn Dog Pinto Beans Salad, Fruit, Milk VEG - Cheese Quesadilla	Tandoori Chicken w/ Yellow Rice Salad, Veggies, Fruit, Milk VEG - Hummus w/ Chips	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same
23	24	25	26	27
Beef Gyro w/ Hummus & Pita Salad, Veggies, Fruit, Milk VEG - Cheese Burrito	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk VEG - Egg Salad Sandwich	Meatball Hoagie Salad, Veggies, Fruit, Milk VEG - Cheesy Pasta	Cheese Pizza Salad, Veggies, Fruit, Milk VEG - Same	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk VEG - Same
30	 <p>Done Right Food School & Event Catering Services</p>			
Salisbury Steak w/ Mashed Potatoes & Biscuit Salad, Fruit, Milk VEG - Multi-Cheese Sand				

BREAKFAST

Price: No Charge

SERVED DAILY

Fresh Fruit - Apple, Orange, OR Banana
 Fruit Juice - Apple, Grape OR Orange
 Variety of Milk, including Skim

Breakfast Loaf String Cheese Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Breakfast Cereal Fruit, Juice, Milk	Assorted Muffins Fruit, Juice, Milk	Breakfast Cereal String Cheese Fruit, Milk
---	--	--	--	--

**MENUS SUBJECT TO INFREQUENT CHANGE
 BASED ON AVAILABILITY OF ITEMS**
 Note: Menus may use ingredients that contain
 peanuts, other nuts/seeds, milk, egg, soybean,
 and other products.

This institution is an equal opportunity provider.

Our Commitment

“Healthy Food, Healthy Message”
 We provide wholesome, delicious, real food
 that helps teach the right message to children.

ANY QUESTIONS? CONTACT:
 School Office @ 651-215-9419 or
 DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com