

# Urban Academy Charter

# December 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
Chicken Shawarma w/ Steamed Rice Salad, Veggies, Fruit, Milk	BBQ Chicken on Bun Pinto Beans Salad, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Turkey Enchilada Bake Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
9	10	11	12	13
Beef Gyro w/ Yellow Rice Chickpea Salad, Fruit, Milk	Corn Dog Salad, Veggies, Fruit, Milk	Cheeseburger Baked Chips Salad, Veggies, Fruit, Milk	Sliced Turkey in Gravy w/ Mashed Potatoes & Biscuit Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
16	17	18	19	20
Chicken Patty Sandwich Roasted Potatoes Salad, Fruit, Milk	Chicken Enchilada Bake Salad, Veggies, Fruit, Milk	Swedish Meatballs w/ Pasta & Roll Salad, Veggies, Fruit, Milk	Turkey Hot Dog Pinto Beans Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
23	24	25	26	27
No School	No School	No School	No School	No School
30	31			
No School	No School			

## 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, Juice, Milk
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**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](http://www.donerightfood.com)