

Urban Academy Charter

October 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
	1	2	3	4
	Chicken Shawarma w/ Steamed Rice Salad, Veggies, Fruit, Milk	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Pinto Beans Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
7	8	9	10	11
BBQ Beef on Bun Roasted Potatoes Salad, Fruit, Milk	Chicken Enchilada Bake Salad, Veggies, Fruit, Milk	Cheeseburger Salad, Veggies, Fruit, Milk	Chicken & Cheese Nachos Baked Beans Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
14	15	16	17	18
Meatball Hoagie Potato Wedges Salad, Fruit, Milk VEG - Egg Salad Hoagie	Turkey Hot Dog Pinto Beans Salad, Fruit, Milk VEG - Cheese Quesadilla	Cheesy Breadsticks w/ Marinara Sauce Salad, Veggies, Fruit, Milk VEG - Same	MEA	MEA
21	22	23	24	25
Beef Gyro w/ Hummus & Pita Salad, Veggies, Fruit, Milk	Teriyaki Chicken Legs w/ Steamed Corn & Biscuit Salad, Fruit, Milk	Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
28	29	30	31	
Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk	Chicken Alfredo Soft Breadstick Salad, Veggies, Fruit, Milk	Italian Sloppy Joe Baked Chips Salad, Veggies, Fruit, Milk	Turkey Hot Dog Baked Beans Salad, Veggies, Fruit, Milk	

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
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Done Right Food
 School & Event Catering Services



**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