

Urban Academy Charter

January 2020

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
		No School	No School	No School
6	7	8	9	10
Swedish Meatballs w/ Steamed Rice Salad, Veggies, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Cheeseburger Baked Beans Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
13	14	15	16	17
Salisbury Steak w/ Mashed Potatoes & Biscuit Salad, Fruit, Milk	Chicken Tandoori w/ Yellow Rice Salad, Veggies, Fruit, Milk	Beef Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Soft Shell Turkey Taco Pinto Beans Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
20	21	22	23	24
No School	Turkey Corn Dog Pinto Beans Salad, Fruit, Milk	Cheeseburger Potato Wedges Salad, Fruit, Milk	Chicken Enchilada Bake Salad, Veggies, Fruit, Milk	No School
27	28	29	30	31
Turkey Hot Dog Pinto Beans Salad, Veggies, Fruit, Milk	Chicken Curry w/ Steamed Rice Salad, Veggies, Fruit, Milk	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Chicken Strips w/ Steamed Corn & Roll Salad, Fruit, Milk	Cheese Pizza 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, 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