



**October
2017**

Academy Adventures Midtown

Lunch & Breakfast Menu

**Drink Water, LOTS of it!
Make sure to drink water
before, during and after
school. Staying hydrated
helps you focus better at
school.**

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Chicken Patty Sandwich Green beans Fruit of the Day Variety of Milk Breakfast Assorted Cereal w Graham Crackers Fruit, Juice, Milk	Spaghetti & Meatballs Corn Fruit of the Day Variety of Milk Breakfast Bagel w/Cream Cheese Fruit, Juice, Milk	Chicken Nuggets Broccoli Fruit of the Day Variety of Milk Breakfast Assorted Danish Fruit, Juice, Milk	Beef Nachos Refried Beans Fruit of the Day Variety of Milk Breakfast Assorted Muffin Fruit, Juice, Milk	No School
No School - FALL BREAK				
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Turkey CornDog Broccoli Fruit of the Day Variety of Milk Breakfast Assorted Cereal W Graham Cracker Fruit, Juice, Milk	Chicken Quesadilla Refried Beans Fruit of the Day Variety of Milk Breakfast Muffin Fruit, Juice, Milk	Beef Chilaquiles Green beans Fruit of the Day Variety of Milk Breakfast Yogurt w Graham Cracker Fruit, Juice, Milk	Teryaki Chicken Corn Fruit of the Day Variety of Milk Breakfast Danish Fruit, Juice, Milk	Pepperoni Pizza Carrots Fruit of the Day Variety of Milk Breakfast BREAKFAST OATMEAL CHOCOLATE BAR Fruit, Juice, Milk
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Hot Dogs Broccoli Fruit of the Day Variety of Milk Breakfast Assorted Cereal W Graham Cracker Fruit, Juice, Milk	Beef & Potatoes Tacos Refried Beans Fruit of the Day Variety of Milk Breakfast Bagel w/Cream Cheese Fruit, Juice, Milk	Orange Chicken Green beans Fruit of the Day Variety of Milk Breakfast Muffin Fruit, Juice, Milk	Sloppy Joe Corn Fruit of the Day Variety of Milk Breakfast Danish Fruit, Juice, Milk	Pepperoni Pizza Carrots Fruit of the Day Variety of Milk Breakfast BREAKFAST OATMEAL CHOCOLATE BAR Fruit, Juice, Milk
Monday 30	Tuesday 31			
Chicken Nuggets Green beans Fruit of the Day Variety of Milk Breakfast Assorted Cereal W Graham Cracker Fruit, Juice, Milk	Beef Lasagna Corn Fruit of the Day Variety of Milk Breakfast Muffin Fruit, Juice, Milk			

MENUS SUBJECT TO CHANGE

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