

Name: _____ Classroom: _____




**A YUMMY SETEMBER MENU
KIDS ACADEMY LEARNING CENTER**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>Please write M if you would like your child to receive Milk.</p>				<p>1 Roasted Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit</p> <p>Turkey Po' Boy Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Glazed Carrots, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>Turkey Sandwich, Pretzels, Fresh Fruit</p> <p>Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Turkey Wrap, Pretzels, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Pretzels, Fresh Fruit</p> <p>Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit</p> <p>Blueberries & Strawberries Salad w/Goat Cheese, Sunflower Seeds & Chicken, Fresh Fruit</p> <p>Blueberries & Strawberries Salad w/Goat Cheese & Sunflower Seeds, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>4</p> <p>NO YUMMY LUNCHES</p> 	<p>5</p> <p>Penne w/Low Fat Alfredo Sauce, Roasted Sweet Peas, Fresh Fruit</p> <p>Penne w/Olive Oil, Roasted Sweet Peas, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Sweet Peas, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Sweet Peas, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>6</p> <p>Picadillo, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Sauteed Tofu, Baked Plantains, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>7</p> <p>Turkey Burger, Baked Tater Tots, Fresh Fruit</p> <p>Veggie Burger, Baked Tater Tots, Fresh Fruit</p> <p>Turkey Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>8</p> <p>Shredded Lean Beef Sandwich, Baked Chips, Fresh Fruit</p> <p>Veggie Crumble Sandwich, Baked Chips, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>Turkey Sandwich, Pretzels, Fresh Fruit</p> <p>Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>Turkey Wrap, Pretzels, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Pretzels, Fresh Fruit</p> <p>Sun Butter & Grape Jelly Sandwich, Baked Chips, Fresh Fruit</p> <p>Blueberries & Strawberries Salad w/Goat Cheese, Sunflower Seeds & Chicken, Fresh Fruit</p> <p>Blueberries & Strawberries Salad w/Goat Cheese & Sunflower Seeds, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Vegetarian Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>11</p> <p>Pasta w/Lean Beef & Mushroom Ragout Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>12</p> <p>Turkey Tacos, Rice & Beans, Fresh Fruit</p> <p>Veggie Crumble Tacos, Rice & Beans, Fresh Fruit</p> <p>Baked Ziti, Roasted Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>13</p> <p>Sweet & Sour Chicken w/Lo Mein Noodles, Roasted Broccoli & Peppers, Fresh Fruit</p> <p>Sweet & Sour Tofu w/Lo Mein Noodles, Roasted Broccoli & Peppers, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>14</p> <p>Lean Beef Burgers, Baked Tater Tots, Fresh Fruit</p> <p>Veggie Burger, Baked Tater Tots, Fresh Fruit</p> <p>Lean Beef Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>15</p> <p>Cheese Calzones, Parmesan Roasted Broccoli, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Other Selection From Cold Options:</p> <hr/> <hr/>	<p>Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>Hummus & Roasted Veggie Sandwich, Baked Chips, Fresh Fruit</p> <p>Grilled Chicken & Swiss Sandwich, Baked Chips, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Baked Chips, Fresh Fruit</p> <p>Turkey & Swiss Wrap, Baked Chips, Fresh Fruit</p> <p>Turkey Wrap, Baked Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit</p> <p>Cobb Salad, Crackers, Fresh Fruit</p> <p>Meatless Cobb Salad, Crackers, Fruit</p> <p>Quinoa Salad w/Corn & Black Beans, Fresh Fruit</p> <p>Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>Bistro Pasta Salad, Fresh Baked Roll, Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
18 Pasta w/Tomato Sauce, Glazed Carrots, Fresh Fruit Pasta w/Olive Oil, Glazed Carrots, Fresh Fruit Baked Chicken Nuggets, Glazed Carrots, Fresh Fruit Baked Tofu Nuggets, Glazed Carrots, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	19 Lean Beef & Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	20 Baked Chicken Piccata, Roasted Rosemary Potatoes, Fresh Fruit Tofu, Roasted Rosemary Potatoes, Fresh Fruit Grilled Chicken Sandwich, Roasted Rosemary Potatoes, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	21 Maple Glazed Sliced Turkey, Roasted Seasonal Veggies, Fresh Fruit Maple Glazed Tofu, Roasted Seasonal Veggies, Roll, Fresh Fruit Maple Glazed Turkey Sandwich, Roasted Seasonal Veggies, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	22 Low Fat Chicken Parm Sub, Roasted Veggies, Fresh Fruit Grilled Chicken Sandwich, Roasted Veggies, Fresh Fruit Grilled Cheese, Roasted Veggies, Fresh Fruit Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	Turkey Sandwich, Baked Chips, Fresh Fruit Turkey & Swiss Sub, Baked Chips, Fruit Ham & Swiss Sub Sandwich, Baked Chips, Fresh Fruit Cheese Sandwich, Baked Chips, Fresh Fruit Grilled Chicken Wrap, Baked Chips, Fruit Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit Southwestern Salad, Tortilla Chips, Fruit Salad w/Bufalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit Spinach Salad w/Turkey Bacon, Crackers, Fresh Fruit Nicoise Salad, Fresh Fruit Summer Club Salad, Crackers, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fruit
25 Pasta w/Low Fat Alfredo Sauce, Roasted Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Veggies, Fresh Fruit Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	26 Chicken Puttanesca, Garlic Bread, Roasted Potatoes, Fresh Fruit Breakfast for Lunch--Eggs, Waffles, Fresh Fruit Breakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	27 Lean Beef Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit Veggie Crumble Sloppy Joe's, Roasted Seasonal Veggies, Fresh Fruit Reuben on Rye, Roasted Seasonal Veggies, Fresh Fruit Hot Corned Beef on Rye, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	28 Braised Chicken & Cheese Empanadas, Black Beans, Baked Plantains, Fresh Fruit Cheese Empanadas, Black Beans, Baked Plantains, Fresh Fruit Braised Chicken, Black Beans, Baked Plantains, Fresh Fruit Mac & Cheese, Roasted Veggies, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	29 Malibu Melt, Baked Chips, Fresh Fruit Grilled Cheese, Baked Chips, Fresh Fruit Cheese Pizza, Veggies & Low Fat Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Other Selection From Cold Options: _____ _____ _____	Turkey Sandwich, Baked Chips, Fresh Fruit Sun Butter & Grape Jelly, Baked Chips, Fresh Fruit Corned Beef Sandwich on Rye, Baked Chips, Fresh Fruit Ham & Cheese Sandwich, Baked Chips, Fresh Fruit MILD Buffalo Chicken Wrap, Baked Chips, Fresh Fruit Grilled Chicken Wrap, Baked Chips, Fresh Fruit Asian Chicken & Quinoa Salad, Fresh Fruit Asian Quinoa Salad, Fresh Fruit Farmer's Market Salad, Crackers, Fresh Fruit Farmer's Market Salad w/Chicken, Crackers, Fresh Fruit Grilled Chicken Caesar Salad, Fresh Fruit Caesar Salad, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit Bagel w/Jelly, Veggies & Hummus, Fresh Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit

****Cost is \$5.50 each meal****

Please indicate if you would like your child to receive milk with lunch.

Office Use :

of Meals: _____ **Amount Paid:** _____ **Initials:** _____

Credit Card: _____ **Cash:** _____ **Check:** _____