

COLONIAL ACADEMY LUNCH
August / September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>August 29</u></p> <p>Chicken Strips w/ Dinner Roll OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Vegetarian Beans Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p><u>August 30</u></p> <p>Hot & Spicy Chicken Patty on a Bun OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Oven Fries Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p><u>August 31</u></p> <p>Sweet & Sour Grilled Chicken Strips Tortilla Shell OR Cheeseburger on a Bun OR Italian Hoagie Diced Carrots Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">1</p> <p>Pizza Sticks w/ Dipping Sauce OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Steamed Broccoli Veggie Crudit� Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">2</p> <p align="center">No School</p>
<p align="center">5</p> <p align="center">No School</p>	<p align="right">6</p> <p>Mini Corn Dog Nuggets Dinner Roll OR Chicken Patty on a Bun OR Turkey & Cheese Hoagie BBQ Beans Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">7</p> <p>Saucy Meatballs On a Hoagie Roll OR Chicken Patty on a Bun OR Italian Hoagie Steamed Corn Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">8</p> <p>French Bread Pizza OR Chicken Patty on a Bun OR OR Turkey & Cheese Hoagie Green Beans Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">9</p> <p>Pork Rib-b-que on a Bun OR Chicken Patty on a Bun OR Ham & Cheese Hoagie Mixed Vegetables Veggie Crudit� Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>
<p align="right">12</p> <p>Hot & Spicy Chicken Patty on a Bun OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Potato Rounds Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">13</p> <p>Chicken & Cheese Quesadilla w/ Salsa OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Steamed Broccoli Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">14</p> <p>2 Hot Dogs On 2 Buns OR Cheeseburger on a Bun OR Italian Hoagie Vegetarian Beans Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">15</p> <p>Individual Round Pizza OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Peas & Carrots Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">16</p> <p>Hot Dog on a Bun OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Green Beans Veggie Crudit� Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>
<p align="right">19</p> <p>Chicken Strips w/ Dinner Roll OR Hot & Spicy Chicken Patty on a Bun OR Ham & Cheese Hoagie Black Beans Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">20</p> <p>Saucy Meatballs On a Hoagie Roll OR Hot & Spicy Chicken Patty on a Bun OR Turkey & Cheese Hoagie Oven Fries Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">21</p> <p>Baked Ziti W/ Bread Slice OR Hot & Spicy Chicken Patty on a Bun OR Italian Hoagie Romaine Lettuce Asst. Canned Fruit Celery Sticks Assorted Fresh Fruit Choice of Milk</p>	<p align="right">22</p> <p>Pizza Sticks w/ Dipping Sauce OR Hot & Spicy Chicken Patty on a Bun OR Turkey & Cheese Hoagie Italian Vegetables Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">23</p> <p>Cheeseburger on a Bun OR Hot & Spicy Chicken Patty on a Bun OR Ham & Cheese Hoagie Mixed Vegetables Veggie Crudit� Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>
<p align="right">26</p> <p>Chicken & Cheese Quesadilla w/ Salsa OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Steamed Broccoli Cucumber Slices Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">27</p> <p>Sloppy Joe on a Bun OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Potato Rounds Fresh Baby Carrots Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">28</p> <p>Macaroni & Cheese Dinner Roll OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Stewed Tomatoes Celery Sticks Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">29</p> <p>French Bread Pizza OR Cheeseburger on a Bun OR Turkey & Cheese Hoagie Broccoli Florets Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>	<p align="right">30</p> <p>Chicken & Pasta Casserole OR Cheeseburger on a Bun OR Ham & Cheese Hoagie Veggie Crudit� Cup Asst. Canned Fruit Assorted Fresh Fruit Choice of Milk</p>
<p>Meat Alternatives</p> <p>Week 1,3,5 Peanut Butter & Jelly</p> <p>Week 2,4 Grilled Cheese</p>	<p>Canned fruits could include:</p> <p>Peaches, Pears, mixed fruit, Apple sauce, Mandarin oranges or pineapple</p>	<p>Fresh Fruit could include:</p> <p>Apples, Oranges, Bananas, Pears</p>	<p>Choices of Milk/Milk alternative: 1% White Milk, Fat Free Strawberry, Fat Free Chocolate, Lactaid</p>	