

Academy of Dover Breakfast/Lunch Menu
***MENU SUBJECT TO CHANGE. February 2018**

Mon	Tue	Wed	Thu	Fri
			<u>Breakfast</u> 1 WG Muffin 100% Juice/Fruit <u>Lunch</u> Beef Taco w/meat Wg Tortilla Chips Steamed Broccoli Let/toma/cheese Fruit Cup Chicken Salad	<u>Breakfast</u> 2 WG Cereal 100% Juice/Fruit <u>Lunch Pizza Day</u> WG Cheese Pizza Toss Salad Mix w/ Cabbage/Carrot cup Lite Ranch Dressing Fruit Cup
<u>Breakfast</u> 5 Wg Cereal 100% Juice/Fruit <u>Lunch</u> Chicken nuggets WG Bread Stick Sweet Potato Green Beans Fruit Cup Tuna Salad	<u>Breakfast</u> 6 WG Cinnamon roll 100% Juice/Fruit <u>Lunch</u> Sausage Pattie WG French Toast Tater Tots Carrots Applesauce Chicken Salad	<u>Breakfast</u> 7 Yogurt w/wg cracker 100% Juice/Fruit <u>Lunch</u> Turkey Hot Dogs WG Bun Baked Beans Cole Slaw Fruit Cup Chicken salad	<u>Breakfast</u> 8 WG Muffin 100% Juice/Fruit <u>Lunch</u> Wg Chicken Tender Wg Dinner Roll Broccoli w/ Cauliflower Fruit Cup Chicken Salad	<u>Breakfast</u> 9 WG Cereal 100% Juice/Fruit <u>Lunch</u> Wg Pizza Romaine Mix w/ Cabbage Carrot cup Fruit Cup Lite Ranch Dressing
<u>Breakfast</u> 12 Wg Cereal 100% Juice/Fruit <u>Lunch</u> Popcorn Chicken WG Dinner roll Sweet Potato Fries Green Beans Fruit Cup Tuna Salad	<u>Breakfast</u> 13 WG Cinnamon roll 100% Juice /Fruit <u>Lunch</u> Grilled hamburger WG Bun Baked beans Let/Tom/Cheese Fruit Cup Chicken Salad	<u>Breakfast</u> 14 Yogurt w/wg cracker 100% Juice/Fruit <u>Lunch</u> Chicken Smackers WG Dinner Roll Oven Potatoes Carrots Fruit Cup Chicken Salad	<u>Breakfast</u> 15 WG Muffin 100% Juice/Fruit <u>Lunch</u> Turkey Corn Dogs Romaine Mix w/ Carrot/cabbage cup Lite Ranch dressing Fruit Cup	IN SERVICE NO SCHOOL FOR STUDENTS
19 PRESIDENT'S DAY NO SCHOOL	<u>Breakfast</u> 20 WG Cereal 100% Juice/Fruit <u>Lunch</u> Chicken nuggets WG Dinner Roll Sweet Potatoes Green Beans Fruit Cup Tuna Salad	<u>Breakfast</u> 21 Yogurt/wg cracker 100% Juice/Fruit <u>Lunch</u> Sausage Patty WG French Toast Tater Tots Carrots Applesauce Chicken Salad	<u>Breakfast</u> 22 WG Muffin 100% Juice/Fruit <u>Lunch</u> Wg Chicken Tender WG Dinner Roll Baked Beans Cole Slaw Fruit cup Chicken Salad	<u>Breakfast</u> 23 WG Cereal 100% Juice/Fruit <u>Lunch Pizza day</u> WG Cheese Pizza Romaine mix Mix W/ Carrot/cabbage cup LF Ranch Dressing Fruit Cup
<u>Breakfast</u> 26 WG Cereal 100% Juice/Fruit <u>Lunch</u> Chicken Smackers WG Bread Sweet potato fries Green Beans Fruit Cup Tuna Salad	<u>Breakfast</u> 27 WG Cinnamon Roll 100% Juice/Fruit <u>Lunch</u> Turkey Corn Dogs w/Wg Crust Baked Beans Cole Slaw Fruit Cup Chicken Salad	<u>Breakfast</u> 28 Yogurt/Wg cracker 100% Juice/Fruit <u>Lunch</u> Chef Salad w/meat Wg Dinner Roll Romaine mix w/ Cabbage/cuke cup Fruit Cup Chicken Salad		

CHOICE OF FF CHOCOLATE, 1% WHITE MILK OR SKIM MILK AVAILABLE.

