

Academy of Dover Breakfast/Lunch Menu
***MENU SUBJECT TO change. OCTOBER 2017**

Mon	Tue	Wed	Thu	Fri
Breakfast 2 WG Cereal 100% juice/Fruit Lunch Wg Chicken tender Wg Bread Stick Sweet potato fries Green Beans Fruit Cup Tuna Salad	Breakfast 3 Wg Cinnamon roll 100% Juice/Fruit Lunch Grilled Hamburger WG Bun Baked Beans Let/Toma/cheese Fruit Cup Chicken Salad	Breakfast 4 Yogurt/wg cracker 100% Juice/Fruit Lunch Chicken Nuggets WG Dinner roll Oven Fries Steamed Carrots Fruit Cup Chicken Salad	Breakfast 5 WG Muffins 100% Juice/Fruit Lunch Wg Cheese Pizza Romaine Mix w/ Cabbage/Cuke/cup LF Ranch Dressing Fruit Cup Chicken Salad	Breakfast ½ day 6 WG Cereal 100% Juice/Fruit Lunch Turkey Sandwich WG Bread Carrot Cup w Cucumbers LF Ranch dressing Fruit Cup
COLUMBUS DAY NO SCHOOL 9	Breakfast 10 WG Cereal 100% Juice/Fruit Lunch Chicken Poppers WG Bread Sweet Potato fries Green Beans Fruit Cup Tuna Salad	Breakfast 11 Yogurt/wg cracker 100% Juice/Fruit Lunch Turkey Hot Dogs WG Hotdog Bun Baked Beans Cole Slaw Fruit Cup Chicken Salad	Breakfast 12 WG Muffins 100% Juice/ Fruit Lunch Sausage patty Wg French Toast Tater Tots Carrots Fruit Cup Chicken Salad	Breakfast 13 WG Cereal 100% Juice/ Fruit Lunch WG Pizza Salad Mix w/ Carrot/red cabbage LF Ranch Dressing Fruit Cup
Breakfast 16 Wg Cereal 100% Juice/Fruit Lunch Wg chicken nugget Wg Bread Stick Sweet potatoes Green Beans Fruit Cup Tuna Salad	Breakfast 17 WG Cinnamon Roll 100% Juice/ Fruit Lunch Grilled Hamburger Wg Bun Oven Fries Steamed Carrots Fruit Cup Chicken Salad	Breakfast 18 Yogurt/wg cracker 100% Juice /Fruit Lunch Beef nachos w/ WG Tortilla Chips Baked Beans Let/Toma/cheese Fruit Cup Chicken Salad	Breakfast 19 WG Muffins 100% Juice /Fruit Lunch Chicken Smackers Wg Dinner Roll Broccoli Cauliflower Fruit Cup Chicken Salad	Breakfast 20 Wg Cereal 100% Juice/Fruit Lunch Wg Cheese Pizza Romaine Mix w/ Carrot/cabbage cup LF Ranch Dressing Fruit Cup
Breakfast 23 WG Cereal 100% Juice/Fruit Lunch Wg Chicken Tender WG Bread Stick Sweet potato Tots Green Beans Fruit cup Tuna Salad	Breakfast 24 WG Cinnamon Roll 100% Juice/Fruit Lunch Sausage Patty WG French Toast Tater Tots Carrots Fruit Cup Chicken Salad	Breakfast 25 Yogurt/wg cracker 100% Juice/Fruit Lunch Popcorn Chicken WG Bread Baked Beans Cole Slaw Fruit Cup Chicken Salad	Breakfast 26 WG Muffins 100% Juice/Fruit Lunch WG Cheese Pizza Romaine Mix w/ Cuke/Carrot Mix LF Ranch Dressing Fruit Cup	IN SERVICE NO SCHOOL FOR STUDENTS 27
Breakfast 30 WG Cereal 100% Juice/Fruit Lunch Chicken poppers Sweet Potatoes WG Bread Stick Green Beans Fruit Cup Tuna Salad	Breakfast 31 WG Cinnamon Roll 100% Juice/Fruit Lunch Chef Salad w/meat WG Bread Stick Romaine Mix w/ Cuke/Tomato cup Fruit Cup Chicken Salad			

CHOICE OF FF CHOCOLATE OR 1% LOWFAT WHITE MILK OR SKIM MILK