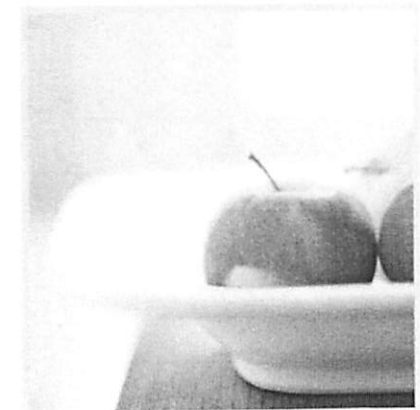


Academy of Dover Breakfast & Lunch Menu

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Happy Labor Day! No School</p>	<p>4 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Turkey Hot Dog w/WG Bun, Baked Beans, Corn & Fruit</p>	<p>5 B: WG Bread w/Egg Patty, 100% Juice/Fruit L: WG Chicken Salad Wrap, Lett. & Tom. cup, Sweet Potato Fries & Fruit</p>	<p>6 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Popcorn chicken w/WG Roll, Romain Salad, Green beans & Fruit</p>	<p>7 B: WG Muffin, 100% Juice/Fruit L: Cheese Pizza w/WG Crust, Oven fries & Fruit</p>
<p>10 B: WG Cereal, WG Grah. Cracker, 100% Juice /Fruit L: WG Breaded Chicken Parm, WG Breadstick, Sweet Pot. tots, Green beans & Fruit</p>	<p>11 B: WG Egg & Cheese Sand., 100% Juice/Fruit L: Beef Nachos, WG Tortilla Chips, Lett. Tom. & cheese cup, Black Beans & Fruit</p>	<p>12 B: WG Muffin, 100% Juice/Fruit L: BBQ Meatballs, WG Roll, Corn, Broccoli/Cauliflower & Fruit</p>	<p>13 B: WG Pop Tart, Yogurt, 100% Juice/Fruit L: WG Chicken & Cheese Quesadilla, Oven Fries, Carrot Sticks w/LF ranch & Fruit</p>	<p>14 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Cheeseburger w/WG Bun, Romain salad w/cabbage LF ranch & Fruit</p>
<p>17 B: WG Cinnamon Bun, 100% Juice/Fruit L: Turkey Ham & Cheese Pinwheels, WG Tortillia, Spinach, Cooked carrots & Fruit</p>	<p>18 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: WG Spaghetti w/meatsauce, WG Breadstick, Broccoli, Cauliflower & Fruit</p>	<p>19 B: WG English Muffin, Egg Patty, 100% Juice/Fruit L: WG Chicken Nuggets, WG Roll, Baked Beans, Sweet Potatoes & Fruit</p>	<p>20 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Taco's w/WG shell, Oven fries, Lett., Tomato cup & Fruit</p>	<p>21 B: WG Muffin, 100% Juice/Fruit L: Cheese Pizza w/WG Crust, Green beans & Fruit 1/2 day</p>
<p>24 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: WG Chicken Fingers, WG Breadstick, Sweet pot. Fries, Baked Beans & Fruit</p>	<p>25 B: WG Pop Tart, Yogurt, 100% Juice/Fruit L: Beef Burger w/gravy, WG Dinner Roll, Mashed potatoes, Green beans & Fruit</p>	<p>26 B: WG Muffin, 100% Juice/Fruit L: WG French Toast, Turkey Sausage, Corn, Carrot sticks & Fruit</p>	<p>27 B: WG Egg & Cheese Sand., 100% Juice/Fruit L: Turkey Sandwich w/WG Bread, Broccoli, Cole Slaw & Fruit</p>	<p>28 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Cheesesteak, WG Sub roll, Romain salad w/ranch, Oven fries & Fruit</p>
<p>NOTES: Choice of FF Chocloate, FF Strawberry, 1% White or Skim Milk available! **Menu Subject to Change**</p>				



September Quote:
Choose Water, Milk or
100% Fruit Juice
instead of Soda!