



Sci-Academy September 2019 **Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY</p>	<p>3</p> <p>Sausage & Cheese On English Muffin Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>4</p> <p>Mini Maple Waffles w/ Syrup Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>5</p> <p>Cinnamon Oatmeal w/ Sausage Patty Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>6</p> <p>Yogurt & Graham Crackers Or Assorted Cereal w/ Graham Crackers Assorted Fresh Fruit 100% Fresh Juice</p>
<p>9</p> <p>Pan cake & Sausage on a Stick Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fruit Juice</p>	<p>10</p> <p>Cini Minis Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fruit Juice</p>	<p>11</p> <p>Toasted Ham & Cheese Sandwich Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>12</p> <p>Chicken Biscuit Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>13</p> <p>Apple Cinnamon Muffin Yogurt Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>
<p>16</p> <p>Mini Cini French Toast Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>17</p> <p>Bagel & Cream Cheese Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fruit Juice</p>	<p>18</p> <p>Fruit & Granola Parfait Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>19</p> <p>Sausage Biscuit w/ Jelly Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>20</p> <p>Cini Minis Or Assorted Cereal w/ Graham Crackers Assorted Fresh Fruit 100% Fresh Juice</p>
<p>23</p> <p>Mini Blueberry Waffles Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>24</p> <p>Banana Muffin w/Yogurt Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>25</p> <p>Ham & Cheese on English Muffin Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fresh Juice</p>	<p>26</p> <p>Sausage & toast w/Grits Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fruit Juice</p>	<p>27</p> <p>Bagel & Cream Cheese Or Assorted Cereal & Graham Cracker Assorted Fresh Fruit 100% Fruit Juice</p>
<p>30</p> <p>Blueberry Muffin w/ Low Fat Yogurt Assorted Cereal w/ Toast Assorted Fresh Fruit 100% Fresh Juice</p>				

BREAKFAST: A full student breakfast includes a choice of entree supplying grain and/or protein, two (2) fruit side dishes and choice of milk. Milk choices include 1% white and skim chocolate. l



Sci-Academy September 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY	3 White Beans & Rice & Dinner Roll Seasoned Collard Greens Seasoned Corn Assorted Fresh Fruit	4 Cheeseburger Seasoned Peas Seasoned Crinkled Fries Assorted Fresh Fruit	5 Meatballs & WG Spaghetti Garlic Bread California Blend Veggies Mashed Sweet Potato Assorted Fresh Fruit	6 Corn dog Sweet Potato Tots Seasoned Broccoli Assorted Fresh Fruit
9 Red Beans W/Sausage & Rice Dinner Roll Seasoned Carrots Seasoned Collard Greens Assorted Fresh Fruit	10 Traditional Meat & Cheese Lasagna Savory Green Beans Seasoned Cabbage Assorted Fresh Fruit	11 Popcorn Chicken w/ Yellow Rice Seasoned Pinto Beans Mixed Vegetable Medley Assorted Fresh Fruit	12 Blackened Fish w/ Dirty Rice Garlic Bread Potato Salad BBQ Baked Beans Assorted Fresh Fruit	13 Breaded Chicken Sandwich Marinated Tomato Cucumber Salad Seasoned Corn Assorted Fresh Fruit
16 Baked Fish Dirty Rice Dinner Roll Seasoned Carrots Zucchini Assorted Fresh Fruit	17 Chicken Quesadilla w/ Fiesta Rice Mexican Corn Seasoned Black Beans Assorted Fresh Fruit	18 Smothered Pork Chop Brown Rice Garlic Bread Seasoned Broccoli Yellow Squash Assorted Fresh Fruit	19 Crunchy Tacos w/ Mexican Rice Seasoned Peas Sweet Potato Fries Assorted Fresh Fruit	20 BBQ Cheddar Burger Seasoned Green Beans Sweet Potato Tots Assorted Fresh Fruit
23 Chicken Nuggets w/ Mac & Cheese Dinner Roll Mashed Sweet Potato Roasted Greens Beans Assorted Fresh Fruit	24 Macho Nacho w/ Spanish Rice Seasoned Pinto Beans Steamed Broccoli Florets Assorted Fresh Fruit	25 Chicken & Sausage Jambalaya w/ Garlic Bread Cinnamon Glazed Carrots Seasoned Yellow Squash Assorted Fresh Fruit	26 BBQ Chicken Yellow Rice w/ Dinner Roll Collard Greens Baked Beans Roasted Italian Veggies Assorted Fresh Fruit	27 Hamburger on Bun Carrots Sticks w/ Ranch Dressing Savory Green Beans Assorted Fresh Fruit
30 Popcorn Chicken Sub Savory Zucchini Seasoned Carrots Assorted Fresh Fruit				

LUNCH. Milk choices include 1% white fat free chocolate.
This institution is an equal opportunity provider.



Sci-Academy September 2019 **Supper Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY</p>	<p>3</p> <p>Buffalo Chicken Wrap</p> <p>Sliced Cucumbers Seasonal Fresh Fruit</p>	<p>4</p> <p>Turkey and Cheese Wrap</p> <p>Broccoli Florets Seasonal Fresh Fruit</p>	<p>5</p> <p>Chicken Ranch Wrap</p> <p>Cherry Tomatoes Seasonal Fresh Fruit</p>	<p>6</p> <p>Buffalo Ranch Wrap</p> <p>Cauliflorets Seasonal Fresh Fruit</p>
<p>9</p>	<p>10</p> <p>Ham & Cheese Sandwich</p> <p>Carrot Sticks Seasonal Fresh Fruit</p>	<p>11</p> <p>BBQ Chicken On WG Bun</p> <p>Celery Sticks Seasonal Fresh Fruit</p>	<p>12</p> <p>Santa Fe Wrap</p> <p>Baby Carrots Seasonal Fresh Fruit</p>	<p>13</p> <p>Chicken Salad Sandwich</p> <p>Broccoli Florets Seasonal Fresh Fruit</p>
<p>16</p>	<p>17</p> <p>Turkey & Cheese Wrap</p> <p>Broccoli Florets Seasonal Fresh Fruit</p>	<p>18</p> <p>Ham & Cheese Sandwich</p> <p>Celery Sticks Seasonal Fresh Fruit</p>	<p>19</p> <p>Spicy Chicken Ranch Wrap</p> <p>Cauliflorets Seasonal Fresh Fruit</p>	<p>20</p> <p>Santa Fe Wrap</p> <p>Broccoli Florets Seasonal Fresh Fruit</p>
<p>23</p>	<p>24</p> <p>BBQ Chicken on WG Bun</p> <p>Broccoli Florets Seasonal Fresh Fruit</p>	<p>25</p> <p>Buffalo Chicken Wrap</p> <p>Celery Sticks Seasonal Fresh Fruit</p>	<p>26</p> <p>Turkey & Cheese Sandwich</p> <p>Carrot Sticks Seasonal Fresh Fruit</p>	<p>27</p> <p>Tuna Salad Sandwich</p> <p>Sliced Cucumbers Seasonal Fresh Fruit</p>
<p>30</p>				

Supper: A full student supper includes an entrée supplying grain and protein, vegetable side, fruit side, and milk. All breads and rolls are whole grain-rich. This institution is an equal opportunity provider.