

 **BREAKFAST**

 **LUNCH**

DECEMBER 2018

LA ACADEMIA DE ESPERANZA

All meals are served with a food bar and your choice of low-fat flavored or white milk. We use whole grain breads. All foods are baked.

Monday

BREAKFAST COMBO BAR
FRESH FRUIT **3**

FIESTA BURRITO
CARROTS
MIXED FRUIT

Tuesday

MINI PANCAKE EGGO BITES
FRESH FRUIT **4**

BBQ CHICKEN ON A BUN
MIXED VEGETABLES
PEARS

Wednesday

POP TART
FRESH FRUIT **5**

CHICKEN DRUMSTICKS
BAKED BEANS
PEACHES
WHOLE WHEAT ROLL

Thursday

BREAKFAST PIZZA
FRESH FRUIT **6**

FRITO PIE
CORN
APPLESAUCE
CHEX MIX

Friday

CHEESE OMELET
TORTILLA
FRESH FRUIT **7**

PIZZA
BROCCOLI
PINEAPPLE CHUNKS

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT **10**

MINI CORN DOGS
GREEN BEANS
PEACHES
CHEESE ITZ

CHEESE QUESADILLA
FRESH FRUIT **11**

GRILLED HAM AND CHEESE
TATER TOTS
PINEAPPLE CHUNKS
SUN CHIPS

PANCAKE WRAP
FRESH FRUIT **12**

CHICKEN PATTIE ON A BUN
CARROTS
MIXED FRUIT
GARLIC BREADSTICKS

BREAKFAST PIZZA
FRESH FRUIT **13**

SPAGHETTI AND MEAT SAUCE
BROCCOLI
PEARS
WHOLE WHEAT ROLL

COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT **14**

CHEESEBURGER
BAKED BEANS
CINNAMON APPLE SLICES

NUTRIGRAIN BAR
YOGURT
FRESH FRUIT **17**

TURKEY AND CHEESE WRAP
CARROTS
APPLESAUCE

ENGLISH MUFFIN SANDWIC
FRESH FRUIT **18**

CHILE CHEESE DOG
MIXED VEGETABLES
LEMON DINOS
JELL-O WITH FRUIT

BOSCO STICKS
FRESH FRUIT **19**

SALISBURY STEAK
WHIPPED POTATOES
PINEAPPLE CHUNKS
WHOLE WHEAT ROLL

BOILED EGG
TOAST, 1 SLICE
FRESH FRUIT **20**

PIZZA
BROCCOLI
ICE DOG

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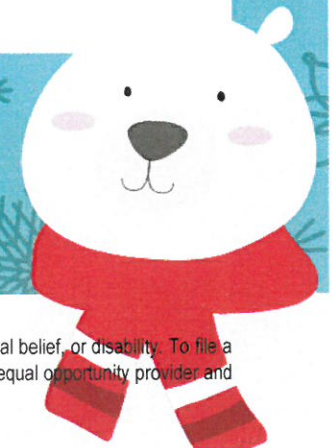
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