

ACADEMIR

MONDAY

14

TUESDAY

15

WEDNESDAY

16

BREAKFAST:
Pineapple
Bread
Turkey Slices**
Cheese Slices**
Milk

LUNCH:
Meatballs
Brown Rice
Black Beans
Sliced Tomatoes
Cantaloupe
Milk

SNACK:
Peaches
Goldfish Crackers

THURSDAY

17

BREAKFAST:
Cinnamon Apple
Blueberry Vanilla Bread
Milk

LUNCH:
Chicken Nuggets** *ketchup*
Mixed Vegetable
Broccoli
Roll
Mandarin Orange
Milk

SNACK:
Banana Bread
Milk

FRIDAY

18

BREAKFAST:
Banana
Morning Cookies
Yogurt
Juice
Milk

LUNCH:
Arroz con Pollo
Green Beans
Mixed Green Salad
Ranch dressing
Roll
Fruit Cocktail
Milk

SNACK:
Animal Crackers
Juice

BREAKFAST:

21

Pineapple
Cereal
Milk

LUNCH:
Roasted Turkey
Moros
Green Peas & Carrots
Roll
Pears
Milk

SNACK:
Cuban Crackers
Turkey Ham Slices

BREAKFAST:

22

Tropical Mixed Fruit
Bagel *cream cheese*
Milk

LUNCH:
Chicken nuggets *ketchup*
Mashed Potatoes
Broccoli
Roll
Red Apple**
Milk

SNACK:
Corn Muffin
Juice

BREAKFAST:

23

Mandarin Orange
Bread
Cheese Slices
Turkey Ham
Milk

LUNCH:
Salisbury Steak
Brown Rice
Roll
Green Beans & Carrots
Honeydew
Milk

SNACK:
Blueberry Vanilla Bread
Pears

BREAKFAST:

24

Mandarin Orange**
Bread **
Cheese Slices**
Turkey Ham**
Milk

LUNCH:
Fricassee de Pollo
Brown Rice
Red Beans
Plantains
Pineapple
Milk

SNACK:
Yogurt
Graham Crackers

BREAKFAST:

25

Fresh Fruits
Blueberry Muffin**
Cereal**
Juice
Milk

LUNCH:
Macaroni & Cheese
Garlic Bread
Mixed Green Salad
Ranch dressing
Applesauce
Milk

SNACK:
Chocolate Chip Cookies
Milk

BREAKFAST:

28

Fruit
Cereal
Milk

LUNCH:
Ropa Vieja
Brown Rice
Black Beans
Green Beans
Pineapple
Milk

SNACK:
Oatmeal Cookies
Milk

BREAKFAST:

29

Mandarin Orange
Raisin Bread *butter*
Milk

LUNCH:
Chicken Patty *Mayo*
Sliced Tomatoes & Lettuce
Green Peas
Bun
Red Apple
Milk

SNACK:
English Muffin
Cereal Slices & Turkey Ham
Juice

BREAKFAST:

30

Cantaloupe
Blueberry Muffin
Yogurt
Milk

LUNCH:
Pulled Chicken
Mashed Potatoes
Carrots
Roll
Fruit Cocktail
Milk

SNACK:
Assorted Crackers