

Learning Academy Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Grits w/Low Fat Cheese	Muffin, <i>Fruit, Milk</i>	Pancake w/ honey, Turkey Bacon	<i>Bagel Thins w/ Cream Cheese, Fruit and Milk</i>	<i>Cereal, Fruit, Milk</i>
Lunch	Chicken Pasta w/broc, peas and carrots, <i>Fruit, Milk</i>	Turkey Meatloaf, California Vegetable Medley, Mashed Potatoes <i>Fruit, Milk</i>	Whole Wheat Cheese Pizza, Salad(small pan of Vegetables) <i>Fruit, Milk</i>	Breaded Chicken, Rice & Peas, <i>Fruit, Milk</i>	Roasted Turkey Breast, Roasted Potatoes, Green Beans, <i>Fruit, Milk</i>
PM Snack	<i>Tortilla Chips, Salsa</i>	<i>Cheese Sticks and Whole Wheat Crackers</i>	<i>Muffin</i>	<i>Pita Chips, Salsa</i>	<i>Carrot Sticks, Ranch Dip</i>
Dinner	Turkey Burgers, Corn, <i>Fruit, Milk</i>	Turkey Sandwiches, Veggie Medley, <i>Orange Slices, Milk</i>	Turkey Chili w/ Beans, Roasted Mixed Vegetables, <i>Fruit, Milk</i>	Chicken Salad Sandwich, <i>Smartfood Delight Popcorn Fruit, Milk</i>	Broccoli, Brown Rice, & White Meat Chicken Casserole, <i>Fruit, Milk</i>
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Muffin, <i>Fruit, Milk</i>	Waffle w/Honey, Turkey Sausage, <i>Milk</i>	Blueberry Oatmeal, <i>Fruit, Milk</i>	Cereal, <i>Fruit, Milk</i>	Grits w/Low Fat Cheese
Lunch	Spaghetti w/ Turkey Meat Sauce, Salad w/ Italian Dressing, Breadstick, <i>Carrots, Milk</i>	Broccoli, Brown Rice, & White Meat Chicken Casserole, <i>Fruit, Milk</i>	BBQ Chicken, Mashed Potatoes, Carrots, <i>Fruit, Milk</i>	Turkey Tacos, Corn, <i>Fruit, Milk</i>	Grilled Chicken Wrap, Butternut Squash, <i>Smartfood Delight Popcorn, Orange Slices, Milk</i>
PM Snack	<i>Whole Wheat Crackers, Cheese Slices, Milk</i>	<i>Yogurt Parfaits</i>	<i>Pita Chips, Salsa</i>	<i>Graham Crackers, Milk</i>	<i>Blueberry Muffins, Milk</i>
Dinner	Chicken, Stir Fry Rice, <i>Smartfood Delight PopcornFruit, Milk</i>	Chicken Salad, California Vegetable Medley, <i>Fruit, Milk</i>	Lasagna, Green Peas & Carrots, Breadsticks, <i>Fruit, Milk</i>	Sweet & Sour Turkey Meatballs, Stir-fry Vegetables, Rice, <i>Milk</i>	Turkey Sloppy Joes, Peas and Carrots, <i>Fruit, Milk</i>
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes w/Honey, <i>Applesauce, Milk</i>	<i>Bagel Thins w/ Cream Cheese, Fruit and Milk</i>	<i>Cereal, Fruit, Milk</i>	Waffle w/Honey, Turkey Bacon, <i>Milk</i>	Cheese Toast, Turkey Sausage, <i>Applesauce, Milk</i>
Lunch	Beef Burgers, Mixed Vegetables <i>Fruit, Milk</i>	Turkey Sloppy Joes, Peas and Carrots, <i>Fruit, Milk</i>	Lasagna, Green Peas & Carrots, Breadsticks, <i>Fruit, Milk</i>	Chicken Salad Sandwich, California Vegetable Medley, <i>Fruit, Milk</i>	Turkey Chili w/ Beans, Steamed Broccoli, <i>Fruit, Milk</i>
PM Snack	<i>Whole Wheat Crackers, Cheese Slices, Milk</i>	<i>Tortilla Chips, Salsa</i>	<i>Muffin</i>	<i>Whole Wheat Crackers, Cheese Slices, Milk</i>	<i>Apple Slices</i>
Dinner	Whole Wheat Cheese Pizza, Salad(small pan of Vegetables) <i>Fruit, Milk</i>	Chicken Pasta Salad <i>Apple Slices, Milk</i>	Baked Chicken Tenders, Green Beans, <i>Fruit, Milk</i>	Spaghetti w/ Turkey Meat Sauce, Salad w/ Italian Dressing, Breadstick, <i>Carrots, Milk</i>	Grilled Chicken Wrap, <i>Smartfood Delight Popcorn, Orange Slices, Milk</i>

All items in blue italics are to be provided by TLA

All bread products provided will be whole grain.

All cheeses used will be 2%/Skim/Low Fat or some other reduced fat product.

Gravies are made with liquid base not fat or fat drippings.