



# La Academia de Estrellas Lunch Menu

## December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>~ <u>Frito 'Chicken' Chili Pie</u> fresh baked cornbread &amp; taco sauce **</p> <p>~ <u>Charbroiled Hamburger</u> on a whole wheat bun &amp; L/T/P 'salad' **</p> <p>oven baked tater tots confetti corn &amp; black bean saute strawberry applesauce milk and condiments</p>	<p><b>4</b></p> <p>~ <u>Classic Ragu Bolognese</u> and whole grain rotini pasta **</p> <p>~ <u>Deep Dish Pizza</u> <u>Cheese-v or Pepperoni</u> **</p> <p>Tuscan white beans fresh-cut Caesar salad chilled mixed fruit in juice milk and condiments</p>	<p><b>5</b></p> <p>~ <u>Grilled Chicken Teriyaki Filet</u> with wg vegetable eggroll **</p> <p>~ <u>Homestyle Fish Sticks</u> with whole grain breading **</p> <p>stir-fry vegetable rice steamed carrot &amp; broccoli medley chilled pineapple rings in juice milk and condiments</p>	<p><b>6</b></p> <p>~ <u>Savory Gravy Beef Steak</u> fresh baked whole wheat roll **</p> <p>~ <u>Grilled Cheese Sandwich-v</u> on whole wheat bread **</p> <p>roasted red potatoes herbed carrot coins fresh seasonal apple variety milk and condiments</p>	<p><b>7</b></p> <p>~ <u>Baked Chicken Carnitas</u> with 'whole corn' tortillas **</p> <p>~ <u>'Real' Queso Nachos-v</u> with 'whole corn' tortilla chips **</p> <p>wild &amp; brown rice with spinach fresh taco salad greenz' &amp; tomato fresh-cut seasonal fruit milk and condiments</p>
<p><b>10</b></p> <p>~ <u>Baked Chicken Nuggets</u> fresh baked whole wheat breadstick **</p> <p>~ <u>Fresh Fruit Salad Box-v</u> with yogurt cup and cheese stick **</p> <p>herb sweet potato homefries fresh-cut seasonal veggie sticks chilled mixed fruit in juice milk and condiments</p>	<p><b>11</b></p> <p>~ <u>Roast Turkey 'Dinner'</u> fresh baked whole wheat roll **</p> <p>~ <u>Breaded Steak Sandwich</u> on a whole wheat bun &amp; L/T/P 'salad' **</p> <p>real mashed potato medley seasoned green beans fresh-cut seasonal fruit milk and condiments</p>	<p><b>12</b></p> <p>~ <u>Cornflake Chicken</u> fresh baked whole grain roll **</p> <p>~ <u>Beef TACO Salad Bowl</u> with fresh-cut salad mix &amp; wg chips **</p> <p>charro beans steamed broccoli florets baked spiced apples milk and condiments</p>	<p><b>13</b></p> <p>~ <u>Classic Meat Sauce/Spaghetti</u> whole grain garlic panini toast **</p> <p>~ <u>Cheese n' Garlic Bread-v</u> on whole grain French loaf **</p> <p>green peas &amp; sliced carrots fresh-cut house salad greenz' chilled pears &amp; gelatin milk and condiments</p>	<p><b>14</b></p> <p>~ <u>Beef Brisket &amp; Jack Quesadilla</u> grilled in a whole grain tortilla **</p> <p>~ <u>Cheese Enchiladrito-v</u> topped with a smoky red sauce **</p> <p>TexMex-style brown rice cilantro black beans fresh-cut seasonal melon milk and condiments</p>
<p><b>17</b></p> <p>~ <u>Breakfast for Lunch</u> ww pancakes, egg &amp; turkey sausage **</p> <p>~ <u>'Old School' Sloppy Joe</u> on a whole wheat burger bun **</p> <p>oven baked diced potatoes fresh grape tomatoes chilled pineapple chunks in juice milk and condiments</p>	<p><b>18</b></p> <p>~ <u>Baked BBQ Chicken</u> whole wheat bread slice **</p> <p>~ <u>Honey Battered Corn Dog</u> made with a chicken frank **</p> <p>corn on the cob bbq pinto beans chilled mixed fruit in juice milk and condiments</p>	<p><b>19</b></p> <p>~ <u>Cheesy Chicken Rotini</u> whole wheat garlic breadstick **</p> <p>~ <u>Whole Grain Pizza Square</u> choice of cheese-v or pepperoni **</p> <p>steamed Italian veggie medley fresh-cut house salad greenz' fresh-cut orange wedges milk and condiments</p>	<p><b>20</b></p> <p>~ <u>House-Breaded Beef Fritter</u> fresh baked whole wheat roll **</p> <p>~ <u>Our House Chicken Sandwich</u> on a fresh baked ww &amp; oat roll L/T/P 'salad' **</p> <p>real mashed potato medley seasoned green beans fresh-cut mixed fruit milk and condiments</p>	<p><b>21</b></p> <p>~ <u>Fajita Chicken Wrap</u> fresh-cut taco 'salad' &amp; house salsa **</p> <p>~ <u>'Real' Queso Nachos-v</u> with 'whole corn' tortilla chips **</p> <p>yellow Spanish vegetable rice house-made refried beans fresh-cut seasonal fruit milk and condiments</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>

# A Happy & Safe Holidays to All



**31**



### Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc... all scratch-cooked in-house with our recipes"

"Produce, Fruit, and other recipe ingredients sourced locally (when seasonally available)"

