



La Academia de Estrellas Lunch Menu

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>~ <u>Baked Chicken Nuggets</u> **</p> <p>~ <u>Fresh Fruit Salad Box-v</u> with yogurt cup and cheese stick **</p> <p>fresh baked whole wheat breadstick herb sweet potato homefries fresh-cut seasonal veggie sticks chilled mixed fruit in juice milk and condiments</p>	<p>2</p> <p>~ <u>Roast Turkey 'Dinner'</u> fresh baked whole wheat roll **</p> <p>~ <u>Breaded Fish Sandwich</u> on a whole wheat bun & L/T/P 'salad' **</p> <p>real mashed potato medley seasoned green beans fresh-cut seasonal fruit milk and condiments</p>	<p>3</p> <p>~ <u>Southwest Skillet Chicken</u> over roasted red potatoes **</p> <p>~ <u>Beef TACO Salad Bowl</u> with fresh-cut salad mix & wg chips **</p> <p>charro beans steamed broccoli florets baked spiced apples milk and condiments</p>	<p>4</p> <p>~ <u>Classic Meat Sauce</u> and whole grain spaghetti fresh baked whole grain roll **</p> <p>~ <u>Cheese n' Garlic Bread-v</u> **</p> <p>green peas & sliced carrots fresh-cut house salad greenz' chilled pears & gelatin milk and condiments</p>	<p>5</p> <p>~ <u>Beef Brisket & Jack Quesadilla</u> grilled in a whole grain tortilla **</p> <p>~ <u>Cheese Enchiladarito-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>8</p> <p>~ <u>Breakfast for Lunch</u> ww pancakes, egg & 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>9</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 fresh-cut mixed fruit milk and condiments</p>	<p>10</p> <p>~ <u>Cheesy Chicken Rotini</u> fresh baked whole grain roll **</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>11</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 & oat roll L/T/P 'salad' **</p> <p>real mashed potato medley seasoned green beans chilled mixed fruit in juice milk and condiments</p>	<p>12</p> <p>~ <u>Fajita Chicken Wrap</u> fresh-cut taco 'salad' & 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>
<p>15</p> <p>~ <u>Meatballs Marinara</u> over whole grain penne pasta fresh baked whole grain roll **</p> <p>~ <u>Deep Dish Cheese Pizza-v</u> **</p> <p>cauliflower and broccoli parmesan fresh-cut 'Italian salad' w/garbanzos fresh seasonal apple variety milk and condiments</p>	<p>16</p> <p>~ <u>Chicken "Fried Rice"</u> with veggies & brown rice **</p> <p>~ <u>Charbroiled Hamburger</u> on a whole wheat bun & L/T/P 'salad' **</p> <p>crinkle cut sweet potato fries fresh-cut cucumber slices chilled mixed fruit in juice milk and condiments</p>	<p>17</p> <p>~ <u>Honey-Glazed Chicken</u> fresh baked whole wheat roll **</p> <p>~ <u>Grilled Cheese Sandwich-v</u> on whole wheat bread **</p> <p>black-eyed peas & greens herbed carrots coins chilled diced peaches milk and condiments</p>	<p>18</p> <p>~ <u>Texas BBQ Beef Poutine</u> with tater tots & cheddar cheese **</p> <p>~ <u>Roast Chicken COBB Salad</u> with fresh-cut salad mix & veggies **</p> <p>fresh baked whole wheat roll hint of mint green peas fresh-cut seasonal fruit milk and condiments</p>	<p>19</p> <p>Fair Day</p>
<p>22</p> <p>~ <u>Baked Chicken Nuggets</u> **</p> <p>~ <u>Fresh Fruit Salad Box-v</u> with yogurt cup and cheese stick **</p> <p>fresh baked whole wheat roll steamed 'California' veggies fresh-cut house salad greenz' chilled pear slices milk and condiments</p>	<p>23</p> <p>~ <u>Homestyle Meatloaf & Gravy</u> fresh baked whole wheat roll **</p> <p>~ <u>Our House Chicken Sandwich</u> on a fresh baked ww & oat roll L/T/P 'salad' **</p> <p>real mashed potato medley honey roasted carrots fresh-cut seasonal fruit milk and condiments</p>	<p>24</p> <p>~ <u>Pepperoni Pizza Bread</u> on crispy whole grain French loaf **</p> <p>~ <u>MAC & Cheddar Pasta-v</u> fresh baked whole grain 'garlic knots' **</p> <p>seasoned green beans fresh-cut house salad greenz' chilled mixed fruit in juice milk and condiments</p>	<p>25</p> <p>~ <u>Oven "Fried" Chicken</u> over whole grain waffle-syrup **</p> <p>~ <u>All-Beef Plain or Chili Cheese Dog</u> served on a whole wheat coney **</p> <p>cowboy baked beans fresh-cut seasonal veggie sticks fresh-cut seasonal melon milk and condiments</p>	<p>26</p> <p>~ <u>Rolled Beef Burrito</u> with potato & cheddar in a wg tortilla **</p> <p>~ <u>'Real' Queso Nachos Suprema-v</u> with 'whole corn' chips, peppers, & more **</p> <p>house-made refried beans fresh-cut taco 'salad' & house salsa fresh red grapes milk and condiments</p>
<p>29</p> <p>~ <u>Frito 'Chicken' Chili Pie</u> fresh baked combread & 'butter' **</p> <p>~ <u>Charbroiled Hamburger</u> on a whole wheat bun & L/T/P 'salad' **</p> <p>oven baked tater tots confetti corn & black bean saute strawberry applesauce milk and condiments</p>	<p>30</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>31</p> <p>~ <u>Teriyaki Baked Chicken</u> over steamed brown rice steamed carrot & broccoli medley **</p> <p>~ <u>Traditional CHEF Salad</u> meat, cheese, veggie & wg roll **</p> <p>fresh-cut cucumber wedges chilled pineapple rings in juice milk and condiments</p>		

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)"

