



La Academia de Estrellas Lunch Menu

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 ** ~ Charbroiled Hamburger <i>on a whole wheat bun & LT/P 'salad'</i> ** oven baked tater tots confetti corn & black bean saute strawberry applesauce milk and condiments	4 ** ~ Deep Dish Pizza Cheese-v or Pepperoni ** Tuscan white beans fresh-cut Caesar salad chilled mixed fruit in juice milk and condiments	5 ** ~ Grilled Chicken Teriyaki Filet <i>with wg vegetable eggroll</i> ** stir-fry vegetable rice steamed carrot & broccoli medley chilled pineapple rings in juice milk and condiments	6 ** ~ Savory Gravy Beef Steak <i>fresh baked whole wheat roll</i> ** roasted red potatoes herbed carrot coins fresh seasonal apple variety milk and condiments	7 ** ~ 'Real' Queso Nachos-v <i>with 'whole corn' tortilla chips</i> ** wild & brown rice with spinach fresh taco salad greenz' & tomato fresh-cut seasonal fruit milk and condiments
10 ** ~ Baked Chicken Nuggets <i>fresh baked whole wheat breadstick</i> ** herb sweet potato homefries fresh-cut seasonal veggie sticks chilled mixed fruit in juice milk and condiments	11 ** ~ Roast Turkey 'Dinner' <i>fresh baked whole wheat roll</i> ** real mashed potato medley seasoned green beans fresh-cut seasonal fruit milk and condiments	12 ** ~ Beef TACO Salad Bowl <i>with fresh-cut salad mix & wg chips</i> ** charro beans steamed broccoli florets baked spiced apples milk and condiments	13 ** ~ Classic Meat Sauce/Spaghetti <i>whole grain garlic panini toast</i> ** green peas & sliced carrots fresh-cut house salad greenz' chilled pears & gelatin milk and condiments	14 ** ~ Beef Brisket & Jack Quesadilla <i>grilled in a whole grain tortilla</i> ** TexMex-style brown rice cilantro black beans fresh-cut seasonal melon milk and condiments
17 ** ~ Breakfast for Lunch <i>ww pancakes, egg & turkey sausage</i> ** oven baked diced potatoes fresh grape tomatoes chilled pineapple chunks in juice milk and condiments	18 ** ~ Honey Battered Corn Dog <i>made with a chicken frank</i> ** corn on the cob bbq pinto beans chilled mixed fruit in juice milk and condiments	19 ** ~ Whole Grain Pizza Square <i>choice of cheese-v or pepperoni</i> ** steamed Italian veggie medley fresh-cut house salad greenz' fresh-cut orange wedges milk and condiments	20 ** ~ Our House Chicken Sandwich <i>on a fresh baked ww & oat roll LT/P 'salad'</i> ** real mashed potato medley seasoned green beans fresh-cut mixed fruit milk and condiments	21 ** ~ 'Real' Queso Nachos-v <i>with 'whole corn' tortilla chips</i> ** yellow Spanish vegetable rice house-made refried beans fresh-cut seasonal fruit milk and condiments
24	25	26	27	28

A Happy & Safe Holidays to All



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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)"

