

freshness, nutrition, and variety

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3</p> <p>100% Wheat bread peanut butter fresh orange, cut 1% milk</p>	<p>4</p> <p>Sausage & cheese tortilla rollup/salsa diced peaches 1% mile</p>	<p>5</p> <p>Cold cereal medley with raisins fresh apple 1% milk</p>	<p>6</p> <p>Hot pancakes with syrup spiced applesauce 1% milk</p>	<p>7</p> <p>Corn muffin with apple jelly cantaloupe wedge 1% milk</p>
	<p>10</p> <p>Warm biscuit with sausage patty pineapple tidbits 1% milk</p>	<p>11</p> <p>Hot waffles with syrup fresh orange, cut 1% milk</p>	<p>12</p> <p>Cornflake cereal with raisins fresh banana 1% milk</p>	<p>13</p> <p>Blueberry muffin * diced pears 1% milk</p>	<p>14</p> <p>Egg-potato-cheese burrito with salsa fresh apple 1% milk</p>
	<p>17</p> <p>Golden oats cereal with raisins fresh banana 1% milk</p>	<p>18</p> <p>100% wheat bread with peanut butter fresh orange, cut 1% milk</p>	<p>19</p> <p>warm english muffin with ham slice diced peaches 1% milk</p>	<p>20</p> <p>Apple muffin with at topping cantaloupe wedge 1% milk</p>	<p>21</p> <p>Hot panacakes with syrup sliced apples 1% milk</p>
	<p>24</p> <p>Wheat raisin bread with peanut butter fresh orange, cut 1% milk</p>	<p>25</p> <p>Sausage & cheese tortilla rollup/salsa fresh apple 1% milk</p>	<p>26</p> <p>Peach yogurt muffin * pineapple tidbits 1% milk</p>	<p>27</p> <p>Hot french toast with syrup applesauce 1% milk</p>	<p>28</p> <p>Cold cereal medley with raisins fresh banana 1% milk</p>
	<p>31</p> <p>Memorial Day</p>	<p>1</p> <p>Pineapple muffin with oat topping choice of yogurt 1% milk</p>	<p>2</p> <p>Egg-potato-cheese burrito with salsa fresh orange, cut 1% milk</p>	<p>3</p> <p>Wheat muffin melt with cheddar cheese slice apples 1% milk</p>	<p>4</p> <p>Golden oats cereal with raisins banana 1% milk</p>



fresh fruits!!!



whole grains!





Nova Academy

freshness, nutrition, and variety
all food produced in a TDH inspected facility

May 2010

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

3

Pork rib patty
oven crinkle fries
chilled diced pears
burger bun
ketchup

4

Chicken nuggets
cowboy beans
steamed broccoli
apple oat cake
ketchup, mustard

5

Salisbury steak
with brown gravy
mashed potato
green beans
parkerhouse roll

6

Ham & Cheese
with macaroni pasta
green peas
salad mix w/spinach
wheat bread
light ranch dressing

7

Corny dog (turkey)
tater tots
mixed vegetables
orange wedge
mustard packet

10

Pepperoni pizza
italian vegetables
diced pears
oatmeal raisin cookie

11

Breaded beef steak
with brown gravy
mashed potatoes
green beans
parkerhouse roll

12

Grilled cheese
on wheat bread
bbq beans
carrot coins
1/2 melon wedge
mustard packet

13

Marinara meatsauce
& spaghetti pasta
mixed vegetables
salad mix w/spinach
garlic bread stick

14

Hamburger patty
oven diced potatoes
pineapple chunks
pickle wafers

17

Chicken nuggets
chili & cheese mac
green peas
cinnamon apples
ketchup

18

Breakfast for lunch
pork sausage links
tater wedge
melon wedge
breakfast biscuit

19

Turkey & cheese
on wheat bread
carrot/celery sticks
fresh apple
crunchy pretzels

20

Beef lasagna
with ziti pasta/mozzarella
green beans
salad mix w/spinach
french bread slice

21

Taco beef burrito
in a flour tortilla with cheese
side taco salad
refried beans
Spanish rice

24

Cheese pizza
with pepperoni or sausage
broccoli cuts
mandarin oranges
oatmeal berry cookie

25

Grilled beef steak
mashed potatoes
green beans
animal crackers
brwon gravy

26

Bean/cheese burrito
in a flour tortilla
side taco salad
carrot/celery sticks
baked tater tots

27

Grilled chicken breast
& rotini pasta/crm sauce
peas & carrots
salad mix w/spinach
whole wheat roll
light ranch dressing

28

Breaded fish sticks
black-eyed peas
chef's fruit selection
sweet potato cake

31

Memorial Day

1

Cheeseburger
diced potatoes
fresh apple
pickle wafers
burger bun

2

Chicken nuggets
mashed potatoes
cut corn
carmel banana cake

3

Beef meatballs
& penne pasta/marinara
green beans
salad mix w/spinach
french bread slice

4

Fajita chicken burrito
in a flour tortilla with cheese
taco salad
pinto beans
Spanish rice



all lunches served with 1-2% milk



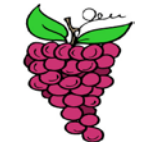
daily fresh fruits and vegetables



fresh baked whole grains



heart healthy! low sugars, fats, & salt



proper calories for energy