

La Academia Middle School Lunch Menu September 2023

Monday

Tuesday

Wednesday

Thursday

Friday



4

5 Popcorn Chicken with Potato Wedges Meal
Hummus Chocolate
Bananas, raw
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

6 Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage
Mango Splash Juice 6 oz
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety

7 NEW American Burger
Red Gold Salsa
Vegetable Assortment
Frozen Fruit Cup Variety
BKD Tostitos Scoops
Milk Variety
Natural Ketchup

1
NO SCHOOL TODAY

8 WG French Bread Pizza w/Turkey Pepperoni - Nardone
Broccoli, raw
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

11 Pepperoni Pizza Breadsticks
Baby Carrots
Hummus Chocolate
Apple, Slices
Fruit Snacks
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's

12 Chicken Patty with Roasted Potatoes
Hummus Chocolate
Bananas, raw
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

13 Turkey Bologna, Salami and Cheese Sandwich
Mango Splash Juice 6 oz
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety
Heinz Single Serve
Mayonnaise, 12 gm packet

14 Philly Ch. Steak Pinwheel
Vegetable Assortment
Frozen Fruit Cup Variety
Marinara Sauce
Sunchips Cheddar
Milk Variety
Buttermilk Ranch Dressing, Ken's

15 Grilled Cheese, WG
Broccoli, raw
Fruit Slush Variety
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

18 Chicken Corn dog
Baby Carrots
Hummus Chocolate
Apple, Slices
Fruit Snacks
Milk Variety
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

19 Chicken Tenders with Potato Wedges
Hummus Chocolate
Bananas, raw
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

20 WG Chicken Sausage Cheese Pancake Sandwich
Mango Splash Juice 6 oz
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety

21 Cheeseburger, Beef Slider, WG
Red Gold Salsa
Vegetable Assortment
Frozen Fruit Cup Variety
BKD Tostitos Scoops
Milk Variety
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

22 Stuffed Crust Cheese Pizza
Broccoli, raw
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

25 BBQ Rib Sandwich, MMA, WG
Baby Carrots
Hummus Chocolate
Apple, Slices
Fruit Snacks
Milk Variety
Buttermilk Ranch Dressing, Ken's

26 Chicken Nuggets with Hash Brown Rounds
Hummus Chocolate
Bananas, raw
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's

27 8oz. yogurt variety
WG Chocolate Chip Waffle
Mango Splash Juice 6 oz
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety

28 Cheesy Pull Aparts Italian
Vegetable Assortment
Frozen Fruit Cup Variety
Marinara Sauce
Sunchips Cheddar
Milk Variety
Buttermilk Ranch Dressing, Ken's

29 Macaroni Cheese 6 oz serving
Broccoli, clusters, raw
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

Monday

Tuesday

Wednesday

Thursday

Friday

La Academia High School Lunch Menu

September 2023



NO SCHOOL!



4

5 Popcorn Chicken with Potato Wedges Meal
Baby Carrots
Hummus Chocolate
Bananas, raw
Fresh Fruit Combo
Cinnamon Roll WG
Milk Variety
Buttermilk Ranch Dressing, Ken's

6 Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage
Baby Carrots
Mango Splash Juice 6 oz
Fresh Fruit Combo
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety
Buttermilk Ranch Dressing, Ken's

7 NEW American Burger
Baby Carrots
Red Gold Salsa
Vegetable Assortment
Fresh Fruit Combo
Frozen Fruit Cup Variety
BKD Tostitos Scoops
Milk Variety
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

8 WG French Bread Pizza w/Turkey Pepperoni - Nardone
Baby Carrots
Broccoli, raw
Fresh Fruit Combo
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

11 Pepperoni Pizza Breadsticks
Baby Carrots
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Marinara Sauce
Nature Valley Chocolate Chip Crisps
Milk Variety
Buttermilk Ranch Dressing, Ken's

12 Chicken Patty with Roasted Potatoes
Baby Carrots
Hummus Chocolate
Bananas, raw
Fresh Fruit Combo
Cinnamon Roll WG
Milk Variety
Buttermilk Ranch Dressing, Ken's

13 Turkey Bologna, Salami and Cheese Sandwich
Baby Carrots
Mango Splash Juice 6 oz
Fresh Fruit Combo
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety



14 Philly Ch. Steak Pinwheel
Baby Carrots
Vegetable Assortment
Fresh Fruit Combo
Frozen Fruit Cup Variety
Marinara Sauce
Sunchips Cheddar
Milk Variety
Buttermilk Ranch Dressing, Ken's

15 Grilled Cheese, WG
Baby Carrots
Broccoli, raw
Fresh Fruit Combo
Fruit Slush Variety
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

18 Chicken Corn dog
Baby Carrots
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Nature Valley Chocolate Chip Crisps
Milk Variety
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

19 Chicken Tenders with Potato Wedges
Baby Carrots
Hummus Chocolate
Bananas, raw
Fresh Fruit Combo
Cinnamon Roll WG
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

20 WG Chicken Sausage Cheese Pancake Sandwich
Baby Carrots
Mango Splash Juice 6 oz
Fresh Fruit Combo
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety
Buttermilk Ranch Dressing, Ken's

21 Cheeseburger, Beef Slider, WG
Baby Carrots
Red Gold Salsa
Vegetable Assortment
Fresh Fruit Combo
Frozen Fruit Cup Variety
BKD Tostitos Scoops
Milk Variety
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

22 Stuffed Crust Cheese Pizza
Baby Carrots
Broccoli, raw
Fresh Fruit Combo
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)

25 BBQ Rib Sandwich, MMA, WG
Baby Carrots
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Nature Valley Chocolate Chip Crisps
Milk Variety
Buttermilk Ranch Dressing, Ken's

26 Chicken Nuggets with Hash Brown Rounds
Baby Carrots
Hummus Chocolate
Bananas, raw
Fresh Fruit Combo
Cinnamon Roll WG
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

27 8oz. yogurt variety
WG Chocolate Chip Waffle
Baby Carrots
Mango Splash Juice 6 oz
Fresh Fruit Combo
Fresh Fruit Variety
Kellogg's Rice Krispies LG
Milk Variety
Buttermilk Ranch Dressing, Ken's

28 Cheesy Pull Apart Italian
Baby Carrots
Vegetable Assortment
Fresh Fruit Combo
Frozen Fruit Cup Variety
Marinara Sauce
Sunchips Cheddar
Milk Variety
Buttermilk Ranch Dressing, Ken's

29 Macaroni Cheese 6 oz serving
Baby Carrots
Broccoli, clusters, raw
Fresh Fruit Combo
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, tapioca, chocolate)