

# La Academia 6 - 8 School Lunch Menu November 2023

## Monday Tuesday Wednesday Thursday Friday

1 2 3



Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage  
Mango Splash J. 6oz  
Fresh Fruit Variety  
Kellogg's Rice Krispies Milk Variety  
Buttermilk Ranch Dressing, Ke n's

American Burger  
Red Gold Salsa  
Vegetable Assortment  
Frozen Fruit Cup Variety  
BKD Tostitos Scoops Milk Variety  
Buttermilk Ranch Dressing, Ke n's  
Natural Ketchup

WG French Bread Pizza w/Turkey Pepperoni - N a rdone  
Broccoli, clusters, raw  
Fruit Slush Variety  
Marinara Sauce  
Milk Variety  
Buttermilk Ranch Dressing, Ke n's  
Pudding (vanilla, chocolate)

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

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

8 Turkey Cold Cuts and Cheese Sandwich on Brioche Bun  
Mango Splash J. 6oz  
Fresh Fruit Combo  
Fresh Fruit Variety  
Kellogg's Rice Krispies Milk Variety



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

10 Grilled Cheese, WG  
Broccoli, clusters, raw  
Fruit Slush Variety  
Milk Variety  
Buttermilk Ranch Dressing, Ke n's  
Pudding (vanilla, chocolate)

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

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

15 8oz. yogurt variety  
WG Chicken Sausage Cheese Pancake Sandwich  
Mango Splash J. 6oz  
Fresh Fruit Variety  
Kellogg's Rice Krispies Milk Variety  
Buttermilk Ranch Dressing, Ke n's

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

17 Stuffed Crust Cheese Pizza  
Broccoli, clusters, raw  
Fruit Slush Variety  
Marinara Sauce  
Milk Variety  
Buttermilk Ranch Dressing, Ke n's  
Pudding (vanilla, chocolate)

20



22



23



24



27 BBQ Rib Sandwich, MMA, WG  
Entree Salad with Egg  
Baby Carrots  
Hummus Chocolate  
Apple, Slices  
Fruit Snacks  
Milk Variety  
Buttermilk Ranch Dressing, Ke n's

28 Chicken Nuggets with Hash  
Brown Rounds  
Hummus Chocolate  
Bananas, raw  
Nature Valley Chocolate  
Chip Crisps  
Milk Variety  
BBQ, Sauce  
Buttermilk Ranch Dressing, Ke n's  
Natural Ketchup

29 WG Chocolate Chip Waffle  
Mango Splash J. 6oz  
Fresh Fruit Variety  
Kellogg's Rice Krispies Milk Variety  
Buttermilk Ranch Dressing, Ke n's

30 Cheesy Pull Apart Italian  
Entree Salad with Egg  
Vegetable Assortment  
Frozen Fruit Cup Variety  
Marinara Sauce  
Sunchips Cheddar  
Milk Variety  
Buttermilk Ranch Dressing, Ke n's



# La Academia 9 - 12 Lunch Menu November 2023

Monday	Tue s d a y	Wednesday	Thur s d a y	Friday
		<p>1 Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>2 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</p>	<p>3 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, chocolate)</p>
<p>6 Pepperoni Pizza Breadsticks Baby Carrots Baby Carrots Hummus Chocolate Apple, Slices Fresh Fruit Combo Marinara Sauce Cinnamon Roll WG Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>7 Chicken Patty with Roasted Potatoes Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Nature Valley Chocolate Chip Crisps Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup</p>	<p>8 Turkey Cold Cuts and Cheese Sandwich on Brioche Bun Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety</p> 	<p>9 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</p>	<p>10 Grilled Cheese, WG Baby Carrots Broccoli, raw Fresh Fruit Combo Fruit Slush Variety Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)</p>
<p>13 Chicken Corn dog Baby Carrots Baby Carrots Hummus Chocolate Apple, Slices Fresh Fruit Combo Nature Valley Chocolate Chip Crisps Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup</p>	<p>14 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</p>	<p>15 8oz. yogurt variety WG Chocolate Chip Waffle Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>16 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</p>	<p>17 Stuffed Crust Cheese Pizza Baby Carrots Broccoli, clusters, raw Fresh Fruit Combo Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)</p>
<p>20</p> 	<p>21</p>	<p>22</p> 	<p>23</p> 	<p>24</p> 
<p>27 BBQ Rib Sandwich, MMA, WG Baby Carrots Baby Carrots Hummus Chocolate Apple, Slices Fresh Fruit Combo Nature Valley Chocolate Chip Crisps Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>28 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</p>	<p>29 WG Chicken Sausage Cheese Pancake Sandwich Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>30 Cheesy Pull Aparts Italian Baby Carrots Vegetable Assortment Fresh Fruit Combo Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's</p>	