La Academia Middle School Lunch Menu October 2023

Monday	Tue sd a y	Wednesday	Thur sd a y	Exiday
Hot dog Beef Baby Carrots Humms Chocolate Apple, Slices Full Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Popcorn Chicken with Potato Wedges Meal Turkey Sandwich MS WG Uncrustable, PB J (Grape) Hummus Chocolate Bananas, raw Nature Valley hocolate Chip Crisps Mik Variety BW, Succe Buttermilk Ranch Dressing, Ken's Natural Ketchup	Bake Crafters WG Maple Waffle 4 Sandwich with Chicken Sausage Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PB J (Grape) Mango Splash J Goz Hesser Juli Arrecy Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	American Burger 5 Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PBJ (Grape) Red Gold Salsa Vegetable Assortment Frozen Fruit Cup Variety BKD Tostitos Scoops Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Turkey Sandwich MS WG French Bread Pizza w/Turkey Pepperoni - Nardone WG Uncrustable, PB J (Grape) Broccoli, clusters, raw Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
Indi g eno us People's Day	Chicken Patty with Roasted Potatoes 10 Entree Salad with Egg Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Hummus Chocolate Bananas, raw Nature Valley Chocolate Chip Crisps Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Chicken & Mozzarella on Brioche Bun Entree Salad with Egg WG Uncrustable, PB J (Grape) Mango Splash J, 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety	Entree Salad with Egg Philly Ch. Steak Pinwheel Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Vegetable Assortment Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's	Entree Salad with Egg Grilled Cheese, WG Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Broccoli, clusters, raw Fruit Slush Variety Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
Chicken Corn dog 16 Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Popcorn Chicken with Potato Wedges Meal Turkey Sandwich MS WG Uncrustable, PB J (Grape) Hummus Chocolate Bananas, raw Nature Valley Chocolate Chip Crisps Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese 18 Turkey Sandwich MS WG Chicken Sausage Cheese Pancake Sandwich WG Uncrustable, PB J (Grape) Mango Splash J, 6oz Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	Cheeseburger, Beef Slider, WG Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PB J (Grape) Red Gold Salsa Vegetable Assortment Frozen Fruit Cup Variety BKD Tostitos Scoops Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Stuffed Crust Cheese Pizza Turkey Sandwich MS WG Uncrustable, PB Grape) Broccoli, clusters, raw Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
BBQ Rib Sandwich, MMA, WG Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's	Chicken Nuggets with Hash Brown Rounds Entree Salad with Egg Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Hummus Chocolate Bananas, raw Nature Valley Chocolate Chip Crisps Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Cheese Croissant Entree Salad with Egg Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Mango Splash J, 6oz Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	Cheesy Pull Aparts Italian Entree Salad with Egg Turkey Bologna, Salami and Cheese Sandwich WG Uncrustable, PB J (Grape) Vegetable Assortment Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's	NO SCHOOLI
Hot dog Beef 30 Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Popcorn Chicken with Potato Wedges Meal WG Uncrustable, PB J (Grape) Hummus Chocolate Bananas, Rouse Nature Valley Chocolate Chip Crisps Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup			

La Academia High School Lunch Menu October 2023

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	Monday	Tue sd a y	Wednesday	Thur sd a y	Friday
2	Hot dog Beef 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	Entree Salad with String Cheese Popcorn Chicken with Potato Wedges Meal Turkey Sandwich MS WG Uncrustable, PBJ (Grape) Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage Entree Salad with String Cheese Turke Sandwich MS WG Uncrus Sandwich MS WG Uncrus Sandwich MS Grape) Mango Splash J. 602 Fresh Fruit Combo Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krisples Milk Variety Buttermilk Ranch Dressing, Ken's	American Burger Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PB J (Grape) 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	Entree Salad with String Cheese Turkey Sandwich MS WG French Bread Pizza w/Turkey Pepperoni - Nardone WG Uncrustable, PB J (Grape) Baby Carrots Broccoli, clusters, raw Fresh Fruit Combo Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
9		10 Chicken Patty with Roasted Potatoes Entree Salad with Egg Turkey Bologna, Salami and Cheese	Chicken & Mozzarella on Brioche Bun 11 Entree Salad with Egg Turkey Bologna, Salami and Cheese	Entree Salad with Egg 12 Philly Ch. Steak Pinwheel	Entree Salad with Egg Grilled Cheese, WG
P	ndi g eno us People's Day	Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PBJ (Grape) Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krisples Milk Variety	Turkey Bólogna, Salami and Cheese S an dwi ch WG Uncrustable, PBJ (Grape) Baby Carrots Vegetable Assortment Fresh Fruit Combo Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's	Turkey Bologna, Salami and Cheese S andwich WG Uncrustable, PBJ (Grape) Baby Carrots Broccoli, clusters, raw Fresh Fruit Combo Fruit Slush Variety Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
16	Chicken Corn dog Baby Carrots Baby Carrots Baby Carrots Hummus Chocolate Apple, Slices Apple, Slices Nature Valley Chocolate Chip Crisps Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese 17 Popcorn Chicken with Potato Wedges Meal Turkey Sandwich MS WG Uncrustable, PBJ (Grape) Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Entree Salad with String Cheese Turkey Sandwich MS WG Chicken Sausage Cheese Pancake S a ndwi ch WG Uncrustable, PBJ (Grape) Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krisples Milk Variety Buttermilk Ranch Dressing, Ken's	Cheeseburger, Beef Slider, WG Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PB I (Grape) 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	Entree Salad with String Cheese Stuffed Crust Cheese Pizza Turkey Sandwich MS WG Uncrustable, PB (Grape) Baby Carrots Broccoli, clusters, raw Fresh Fruit Combo Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
23	Baby Carrots Hummus Chocolate Apple, Slices Fresh Fruit Combo Nature Valley Chocolate Chip Crisps Milk Varley Buttermilk Ranch Dressing, Ken's	Chicken Nuggets with Hash Brown Rounds Entree Salad with Egg Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB (Grape) Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	Cheese Croissant Entree Salad with Egg Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PBI (Grape) Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	Cheesy Pull Aparts Italian Entree Salad with Ege Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB I (Grape) Baby Carrots Vegetable Assortment Fresh Fruit Combo Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's	NO SCHOOL!
30	Hot dog Beef 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	Entree Salad with String Cheese 31 Popcorn Chicken with Potato Wedges Meal WG Uncrustable, PB (Grape) Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup			