





La Academia Middle School Lunch Menu October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Hot dog Beef Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	3 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	4 Bake Crafters WG Maple Waffle Sandwich with Chicken Sausage Entree Salad with String Cheese Turkey Sandwich MS WG Uncrustable, PB J (Grape) Mango Splash J, 6oz Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	5 American Burger 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	6 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)
9	Indigenous People's Day	10 Chicken Patty with Roasted Potatoes 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	11 Chicken & Mozzarella on Brioche Bun Entree Salad with Egg WG Uncrustable, PB J (Grape) Mango Splash J, 6oz Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety 	12 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	13 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)
16	Chicken Corn dog Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	17 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	18 Entree Salad with String Cheese 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	19 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	20 Entree Salad with String Cheese Stuffed Crust Cheese Pizza Turkey Sandwich MS WG Uncrustable, PB J (Grape) Broccoli, clusters, raw Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
23	BBQ Rib Sandwich, MMA, WG Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's	24 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	25 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	26 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	27 TEACHER IN-SERVICE DAY NO SCHOOL! 
30	Hot dog Beef Baby Carrots Hummus Chocolate Apple, Slices Fruit Snacks Milk Variety Buttermilk Ranch Dressing, Ken's Natural Ketchup	31 Entree Salad with String Cheese Popcorn Chicken with Potato Wedges Meal 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			

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<p>9</p> <p>Indigenous People's Day</p>	<p>10</p> <p>Chicken Patty with Roasted Potatoes Entree Salad with Egg 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</p>	<p>11</p> <p>Chicken & Mozzarella on Brioche Bun Entree Salad with Egg Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) Baby Carrots Mango Splash J, 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety</p> <p></p>	<p>12</p> <p>Entree Salad with Egg Philly Ch. Steak Pinwheel Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) Baby Carrots Vegetable Assortment Fresh Fruit Combo Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>13</p> <p>Entree Salad with Egg Grilled Cheese, WG Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) Baby Carrots Broccoli, clusters, raw Fresh Fruit Combo Fruit Slush Variety Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)</p>
<p>16</p> <p>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>17</p> <p>Entree Salad with String Cheese Turkey Sandwich MS 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</p>	<p>18</p> <p>Entree Salad with String Cheese Turkey Sandwich MS WG Chicken Sausage Cheese Pancake S a ndwi ch WG Uncrustable, PB J (Grape) 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>19</p> <p>Cheeseburger, Beef Slider, WG 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</p>	<p>20</p> <p>Entree Salad with String Cheese Stuffed Crust Cheese Pizza Turkey Sandwich MS 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)</p>
<p>23</p> <p>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>24</p> <p>Chicken Nuggets with Hash Brown Rounds Entree Salad with Egg 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</p>	<p>25</p> <p>Cheese Croissant Entree Salad with Egg Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) 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>26</p> <p>Cheesy Pull Apart Italian Entree Salad with Egg Turkey Bologna, Salami and Cheese S a ndwi ch WG Uncrustable, PB J (Grape) Baby Carrots Vegetable Assortment Fresh Fruit Combo Frozen Fruit Cup Variety Marinara Sauce Sunchips Cheddar Milk Variety Buttermilk Ranch Dressing, Ken's</p>	<p>TEACHER IN-SERVICE DAY NO SCHOOL!</p> <p></p>
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