

La Academia Middle School Lunch Menu

December 2023

Monday

Tuesday

Wednesday

Thursday

Friday

4 Hot dog Beef
Baby Carrots
Hummus Chocolate
Apple, Slices
Fruit Snacks
Milk Variety
Buttermilk Ranch Dressing,
Ken's
Natural Ketchup

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 8oz. yogurt variety
French Toast Sticks, WG - 2
Pack
Mango Splash J. 6oz
Fresh Fruit Variety
Kellogg's Rice Krispies
Milk Variety
Buttermilk Ranch Dressing,
Ken's

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

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

8 WG French Bread Pizza
w/Turkey Pepperoni -
Nardone
Broccoli, clusters, raw
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing,
Ken's
Pudding (vanilla, 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 Chicken & Mozzarella on
Brioche Bun
Mango Splash J. 6oz
Fresh Fruit Combo
Fresh Fruit Variety
Kellogg's Rice Krispies
Milk Variety



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, clusters, raw
Fruit Slush Variety
Milk Variety
Buttermilk Ranch Dressing,
Ken's
Pudding (vanilla, chocolate)

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

19 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

20 WG Chicken Sausage Cheese
Pancake Sandwich
Mango Splash J. 6oz
Fresh Fruit Variety
Kellogg's Rice Krispies
Milk Variety
Buttermilk Ranch Dressing,
Ken's

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, clusters, raw
Fruit Slush Variety
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing,
Ken's
Pudding (vanilla, chocolate)

25 *We wish you a Merry Christmas and a happy New Year*



La Academia 9 - 12 Lunch Menu December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 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, chocolate)
4 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	5 Popcorn Chicken with Potato Wedges Meal Baby Carrots Hummus Chocolate Bananas, raw Fresh Fruit Combo Cinnamon Roll WG Milk Variety BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	6 8oz. yogurt variety French Toast Sticks, WG - 2 Pack Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies Milk Variety Buttermilk Ranch Dressing, Ken's	7 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, clusters, raw Fresh Fruit Combo Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
11 Pepperoni Pizza Breadsticks Baby Carrots 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 BBQ, Sauce Buttermilk Ranch Dressing, Ken's Natural Ketchup	13 Chicken & Mozzarella on Brioche Bun Baby Carrots Mango Splash J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies 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, clusters, raw Fresh Fruit Combo Fruit Slush Variety Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
18 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	19 Popcorn Chicken with Potato Wedges Meal 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 J. 6oz Fresh Fruit Combo Fresh Fruit Variety Kellogg's Rice Krispies 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, clusters, raw Fresh Fruit Combo Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
25 <i>We wish you a Merry Christmas and a happy New Year</i>	26 	27 	28	29 