

La Academia Middle School Luch Menu March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 New Mac & Cheese Broccoli, clusters, raw Fruit Slush Variety Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate)
4 	5 Popcorn Chicken with Potato Wedges Meal Hummus Chocolate Dessert, Fruited Gelatin Cup, F 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 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	8 WG French Bread Pizza w/Turkey Pepperoni - Nardone Broccoli, clusters, raw Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate) Applesauce Cup
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, Turkey Ham and Cheese on Wedge 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 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 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 Marinara Sauce Milk Variety Buttermilk Ranch Dressing, Ken's Pudding (vanilla, chocolate) Applesauce Cup
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 Natural Ketchup	27 	29	

La Academia HS Lunch Menu March 2024

Monday

Tuesday

Wednesday

Thursday

Friday

4



5

Popcorn Chicken with Potato Wedges Meal
Baby Carrots
Hummus Chocolate
Fresh Fruit Combo
Strawberry Fruit Juice Gel
Cinnamon Roll WG
Milk Variety
BBQ, Sauce
Buttermilk Ranch Dressing, Ken's
Natural Ketchup

6

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

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

1

New Mac & Cheese
Baby Carrots
Broccoli, clusters, raw
Fresh Fruit Combo
Fruit Slush Variety
Marinara Sauce
Cheddar Goldfish Baked Whole Grain
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, chocolate)

8

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

11

Pepperoni Pizza Breadsticks
Baby Carrots
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Marinara Sauce
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
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

Turkey, Turkey Ham and Cheese on Wedge
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
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
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 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
Marinara Sauce
Milk Variety
Buttermilk Ranch Dressing, Ken's
Pudding (vanilla, chocolate)
Applesauce Cup

25

BBQ Rib Sandwich, MMA, WG
Baby Carrots
Hummus Chocolate
Apple, Slices
Fresh Fruit Combo
Nature Valley Chocolate Chip Crisps
Milk Variety
BBQ, Sauce
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

