

Utopian Academy for The Arts

Breakfast/Lunch Menu

January 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Jan. 8th- 11th</u>		Breakfast: Oatmeal, Toast, Juice, Milk Lunch: Chicken Pot Pie, Fruit, Milk	Breakfast: Cheesy Grits, Sausage, Juice, Milk Lunch: Loaded Nachos, Pinto Beans, Fruit Milk	Breakfast: Sausage Biscuit, Hash browns, Juice, Milk Lunch: Teriyaki Chicken, Rice, Green Beans, Dinner Roll Fruit, Milk	Breakfast: Cereal(Assorted), Toast, Juice, Milk Lunch: Loaded Baked Potatoes, Chili, Broccoli w/ Cheese, Fruit, Milk
<u>Jan. 14th- 18th</u>	Breakfast: Chicken Biscuit, Juice, Milk Lunch: Barbecue Chicken, Mashed Potatoes, Green Beans, Roll, Fruit, Milk	Breakfast: Waffles, Juice, Milk Lunch: Spaghetti w/ Meat Sauce, Corn, Fruit, Milk	Breakfast: Oatmeal, Cinnamon Toast, Juice, Milk Lunch: Chicken, Broccoli, Rice & Cheese Casserole, Roll, Fruit, Milk	Breakfast: Pancakes, Sausage, Juice, Milk Lunch: Salisbury Steak, Mashed Potatoes, Green Peas, Roll, Fruit, Milk	Breakfast: Cereal, Toast, Juice, Milk Lunch: Turkey Hot Dog, French Fries, Fruit, Milk
<u>Jan. 22nd- 25th</u>		Breakfast: French Toast, Juice, Milk Lunch: Cheese Burgers, French Fries, Fruit, Milk	Breakfast: Scrambled Eggs w/ Cheese, Turkey Sausage, Biscuits, Juice, Milk Lunch: Shepherds Pie, Tossed Salad, Dinner Roll, Fruit, Milk	Breakfast: Grits, Sausage, Juice, Milk Lunch: Chicken Nuggets w/BBQ Sauce, (V) Veggie Chicken Nuggets, Potato Tots, Dinner Roll, Fruit, Milk	Breakfast: Cereal, Toast Peaches, Milk Lunch: Cheese Pizza, Tossed Salad, Corn, Fruit, Milk
<u>Jan. 28th - Feb. 1st</u>	Breakfast: Breakfast Pizza, Juice, Milk Lunch: Lemon Pepper Chicken w/Rice, (V) Veggie Chicken, Glazed Carrots, Dinner Roll, Fruit, Milk	Breakfast: Buttery Grits Cheese Toast Juice, Milk Lunch: Spaghetti w/ Meat Sauce, Tossed Salad, Corn On Cob, Fruit, Milk	Breakfast: Turkey Sausage, Biscuit, Juice, Milk Lunch: Cajun Chicken Alfredo Pasta, (V) Veggie Chicken Pasta, Steamed Broccoli, Dinner Roll, Fruit, Milk	Breakfast: French Toast, Juice, Milk Lunch: Meatloaf, Mashed Potatoes, Green Peas, Fruit, Milk	Breakfast: Cereal, Toast, Juice, Milk Lunch: Grilled Chicken Sandwich, (V) Grilled Cheese, Baked Beans, Fruit, Milk

Beverage Selections include a choice of 1 cup serving of Low-Fat (unflavored) or Fat-Free (unflavored or flavored) Milk, 100% Fruit Juice and Water

(V)Vegetarian (WG)Whole Grain

If there are any questions and/or concerns please feel free to reach:

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 Or
 770-892-1644

Student Meals-Free
Staff/Visitor-
\$2.00
Breakfast/
\$3.00 Lunch