

Utopian Academy for The Arts

Breakfast/Lunch Menu

August 2019

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aug. 5 th - 9 th	<u>Breakfast:</u> Cereal, Banana, Milk <u>Lunch:</u> Chef Salad (V) Salad Saltine Crackers, Fruit, Milk	<u>Breakfast:</u> Bagels w/Cream Cheese, Fruit, Milk <u>Lunch:</u> Turkey & Cheese Sandwich, (V)Grilled Cheese, Celery w/Ranch, Chips, Fruit, Milk	<u>Breakfast:</u> Cereal Bar, Juice, Milk <u>Lunch:</u> Nachos w/Cheese Fruit, Milk	<u>Breakfast:</u> Muffin, Fruit, Milk <u>Lunch:</u> Grilled Chicken, Spinach, Cheese Wrap, (V) Veggie Wrap, Carrot Sticks, Fruit, Milk	<u>Breakfast:</u> Cereal, Toast, Juice, Milk <u>Lunch:</u> Pizza, Corn Salad, Fruit, Milk
	<u>Breakfast:</u> Sausage Biscuit, Juice, Milk <u>Lunch:</u> Salisbury Steak, (V) Veggie Patty, Rice, Green Beans, Roll, Fruit, Milk	<u>Breakfast:</u> Breakfast Burrito w/ Salsa, Juice, Milk <u>Lunch:</u> Fruit, Milk	<u>Breakfast:</u> Cheesy Grits, Toast, Juice, Milk <u>Lunch:</u> Chicken Quesadilla, (V)Cheese Quesadilla, Mexicali Corn Fruit, Milk	<u>Breakfast:</u> Cheese Toast, Fruit, Milk <u>Lunch:</u> Italian Baked Chicken, (V) Veggie Chicken Garlic Mashed Potatoes, Peas and Carrots, Dinner Roll, Fruit, Milk	<u>Breakfast:</u> Cereal, Juice, Milk <u>Lunch:</u> Turkey Chili Cheese Fries, (V) Cheese Fries, Tossed Salad, Fruit, Milk
Aug. 12 th - 16 th	<u>Breakfast:</u> Grits w/ Sausage, Toast, Fruit, Milk <u>Lunch:</u> Cheese Burgers, (V) Veggie Burgers w/ Cheese, Oven Fried Steak Fries, Fruit, Milk	<u>Breakfast:</u> French Toast Sticks, Fruit, Milk <u>Lunch:</u> Chicken Tenders Green Peas, Mac & Cheese, Roll, Fruit, Milk	<u>Breakfast:</u> Scrambled Eggs w/ Cheese, Biscuits, Fruit, Milk <u>Lunch:</u> Beefaroni' (Ground Turkey), (V) Pasta Salad, Tossed Salad, Roll, Fruit, Milk	<u>Breakfast:</u> Cheese Toast, Mixed Fruit, Milk <u>Lunch:</u> Broccoli Rice Casserole, Roll, Fruit, Milk	<u>Breakfast:</u> Cereal, Toast Juice, Milk <u>Lunch:</u> Ground Turkey & Cheese Tacos, (V) Black Bean Tacos, Mexicali Corn, Fruit, Milk
	<u>Breakfast:</u> Breakfast Pizza, Fruit, Milk <u>Lunch:</u> Lemon Pepper Chicken w/Rice, (V) Veggie Chicken, Glazed Carrots, Roll, Fruit, Milk	<u>Breakfast:</u> Buttery Grits Cheese Toast Juice, Milk <u>Lunch:</u> Cheese Pizza, Tossed Salad, Corn, Fruit, Milk	<u>Breakfast:</u> Turkey Sausage, Biscuit, Fruit, Milk <u>Lunch:</u> Cajun Chicken Alfredo Pasta, (V) Veggie Pasta, Broccoli, Roll, Fruit, Milk	<u>Breakfast:</u> French Toast, Fruit, Milk <u>Lunch:</u> Cheeseburger, (V)Veggie Burger, Tator Tots, Fruit, Milk	<u>Breakfast:</u> Cereal, Toast, Juice, Milk <u>Lunch:</u> Grilled Turkey Ham & Cheese Sandwich, (V) Grilled Cheese, Baked Beans, Fruit, Milk
Aug. 19 th - 23 rd					
Aug. 26 th - 30 th					

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 (WGR)Whole Grain Rich

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/Visitors-\$1.50
Breakfast/ \$2.00 Lunch