

Academy of Hope Daily Lunch Menus

◀ Aug 2015	~ September 2015 ~						Oct 2015 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Ground beef & Spanish rice or Egg salad sandwich Choice of veg. Choice of fruit Fat free milk	2 Chef salad or Gr. ham & cheese Choice of veg. Choice of fruit Fat free milk	3 Corn dogs, Fries or Chicken salad sand. Choice of veg. Choice of fruit Fat free milk	4 Pizza or Grilled Turkey & cheese Choice of veg. Choice of fruit Fat free milk	5	
6	7 No Classes for Students	8 Jerk chicken taco or BLT sand. Choice of veg. Choice of fruit Fat free milk	9 Hot dog w/Chili or Tuna melt Choice of veg. Choice of fruit Fat free milk	10 Beef stir fry over rice Or Gr. cheese, Choice of veg. Choice of fruit Fat free milk	11 Turkey Noodle casserole or Gr. ham & cheese Choice of veg. Choice fruit Fat free milk	12	
13	14 Chicken Nuggets w/ fries Or Egg salad sand. Choice of veg. Choice of fruit Fat free milk	15 Ground beef & mac. Or Grilled cheese sand. Choice of veg. Choice of fruit Fat free milk	16 Fish sand. w/Fries or BLT sand. Choice of veg. Choice of fruit Fat free milk	17 Baked fried Chicken mash & gravy Or Gr. turkey & cheese Choice of veg. Choice of fruit Fat free milk	18 Soft beef Tacos or Grilled cheese sand. Choice of veg. Choice of fruit Fat free milk	19	
20	21 Chicken Tetrazzini or Tuna salad sand. Choice of veg. Choice of fruit Fat free milk	22 Spaghetti Or Gr. cheese sand Choice of veg. Choice of fruit Fat free milk	23 Chicken stir fry or Gr. ham & cheese Choice of veg. Choice of fruit Fat free milk	24 Beef taco or Gr. turkey & cheese Choice of veg. Choice of fruit Fat free milk	25 Fish sticks fries or Tuna sand Choice of veg. Choice of fruit Fat free milk	26	
27	28 No classes for students	29 No classes for Students	30 No classes for Students	Notes:			