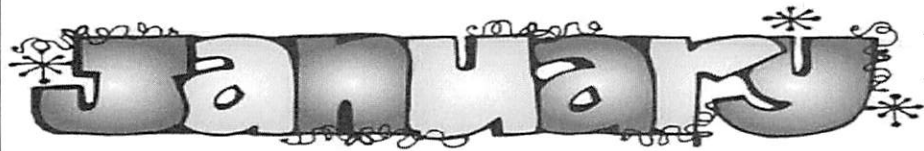




LEAP ACADEMY-JANUARY-2020-LUNCH MENU'-LOWER-UPPER-STEM-SANTIAGO



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>1-JAN PENNE ALFREDO PASTA W/ CHICKEN BEEF STROGANOFF MASHED POTATOES FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>2-JAN PIZZA MARGHERITA OVEN BAKE FRIES ORANGE CHICKEN W/ BROWN RICE FEATURED VEGGIES: TOMATO SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>6-JAN PHILLY CHEESTAKE SWEET POTATO BAKE HOT-DOG MUSTARD SAUCE FEATURED VEGGIES: STEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>7-JAN RAVIOLI G.BEEF SAUCE HULI-HULI CHICKEN HAWAIIAN STYLE FEATURED VEGGIES: SAUTEE STRING-BEANS CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>8-JAN BEEF BROCCOLI STI-FRY CAULIFLOWER CHICKEN (DICE) PARMIGIANO & CREAM FEATURED VEGGIES: VEGETARIAN BEANS CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>9-JAN FISH SANDWICH W/ LETTUCE-TOMATO-MAYO CHICKEN NOODLE SOUP GARLIC BREAD FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>13-JAN HAMBURGER SANDWICH CHICKEN SANDWICH FISH SANDWICH OVEN BAKE FRIES FEATURED VEGGIES: MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>14-JAN LOMO SALTADO BEEF PERUVIAN STYLE CALZONE TOP TOMATO SAUCE FEATURED VEGGIES: SAUTEE SPINACH CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>15-JAN RICE BEANS & CHICKEN PUERTORICAN STYLE PHILLY CHEESTAKE SWEET POTATO BAKE FEATURED VEGGIES: STEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>16-JAN CHICKEN TENDER OVEN BAKE FRIES FEATURED VEGGIES: ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>20-JAN CHICKEN NUGGETS OVEN BAKE FRIES MEAT-BALL SANDWICH FEATURED VEGGIES: TOMATO SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>21-JAN BEEF QUESADILLAS SOFT SHELL BOW-TIE PASTA MOZZARELLA & TOMATO FEATURED VEGGIES: MIX-GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>22-JAN SALISBURY STEAK W/ GRAVY MINSTRONE SOUP BEANS & POTATOES FEATURED VEGGIES: MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>23-JAN 3 CHEESE PIZZA OVEN BAKE FRIES CHICKEN TACOS SOFT SHELL FEATURED VEGGIES: SAUTEE BROCCOLI CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>27-JAN CREAMY CHICKEN ENCHILADA W/ GRILLED ZUCCHINI LASAGNA GARLIC BREAD FEATURED VEGGIES: GARBANZO SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>28-JAN MC. & CHEESE SLOPPY JOE OVEN BAKE FRIES FEATURED VEGGIES: SAUTEE CARROTS CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>29-JAN MEAT LOAF MASHED POTATOES CHICKEN PARMIGIANA SANDWICH FEATURED VEGGIES: BAKED BEANS CHOICE OF FRUIT CHOICE OF MILK</p> </div> <div style="width: 45%;"> <p>30-JAN PHILLY CHEESE STAKE W.W. HOAGIE FISH TACOS OVEN BAKE FRIES FEATURED VEGGIES: MIX GREEN SALAD CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				
<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>31-JAN PERI-PERI CHICKEN PORTUGUESE STYLE BEEF & BEANS SOUP FEATURED VEGGIES: SAUTEE SPINACH CHOICE OF FRUIT CHOICE OF MILK</p> </div> </div>				

What is a Meal?
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry). A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries,

- DAILY ENTRÉE OPTIONS MAY INCLUDE:**
- Cheese Burger on a Bun
 - Whole Grain Chicken Patty on a Bun
 - Chicken Salad
 - Chopped Garden Salad
 - Crispy Chicken Wrap
 - Spicy Chicken Wrap
 - Ham & Cheese Wrap

Executive chef
Michele pastorello
Food & Nutrition Service
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Fax: 856-338-0203
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Mar. tortillas



LEAP Academy Charter School Elementary School Lunch Menu May 2013



MONDAY 29-APR	TUESDAY 30-APR	WEDNESDAY 1-MAY	THURSDAY 2-MAY	FRIDAY 3-MAY
ITALIAN MEATBALL AND CHEESE ON A HOAGIE ROLL CHICKEN CHEESE QUESADILLA ON A SOFT TORTILLA FEATURED VEGGIES: SAUTE ZUCCHINI FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	EARLY DISMISSAL TURKEY AND CHEESE SANDWICH FEATURED VEGGIES: CELERY STICKS	SWEET AND SOUR CHICKEN OVER BROWN RICE HOME MADE TEXAS CHILI WITH CORN BREAD FEATURED VEGGIES: TATER TOTS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	ITALIAN DUNKERS WITH SAUCE HOT TURKEY SANDWICH W/ GRAVY FEATURED VEGGIES: GREEN BEANS FRESH CAULIFLOWER CHOICE OF FRUIT CHOICE OF MILK	POPCORN CHICKEN SOFT WHOLE GRAIN PRETZEL RODS SPAGHETTI & MEAT SAUCE GARLIC BREAD FEATURED VEGGIES: GREEK HUMMUS W/ PITA ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
6-MAY	7-MAY	8-MAY	9-MAY	10-MAY
SLOPPY JOE CHICKEN PATTY ON A BUN FEATURED VEGGIES: CORN GREEK HUMMUS CHOICE OF FRUIT CHOICE OF MILK	CHICKEN ALFREDO OVER PENNE PASTA BEEF TACO FEATURED VEGGIES: STEAMED BROCCOLI FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	CHEESE STEAK ON A HOAGIE ROLL HAMBURGER ON A BUN FEATURED VEGGIES: ORIENTAL MIXED VEGETABLES OVEN READY FRENCH FRIES CHOICE OF FRUIT CHOICE OF MILK	EARLY DISMISSAL TURKEY AND CHEESE SANDWICH FEATURED VEGGIES: CARROT STICKS CHOICE OF FRUIT CHOICE OF MILK	EARLY DISMISSAL CHICKEN SANDWICH SANDWICH FEATURED VEGGIES: CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK
13-MAY	14-MAY	15-MAY	16-MAY	17-MAY
POPCORN CHICKEN WHOLE GRAIN DINNER ROLL HOT HAM & CHEESE ON A PRETZEL ROLL FEATURED VEGGIES: STEAMED PEAS FRESH CARROTS CHOICE OF FRUIT CHOICE OF MILK	CORN DOG CHICKEN W. RICE AND BEANS FEATURED VEGGIES: BAKED BEANS ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	CHEESE LASAGNA GARLIC BREAD BEEF BURRITO IN A SOFT TORTILLA FEATURED VEGGIES: STEAMED CORN FRESH CELERY STICKS CHOICE OF FRUIT CHOICE OF MILK	SAILSBUURY STEAK W. GRAVY CHICKEN & CHEESE ON FLAT BREAD FEATURED VEGGIES: MASHED POTATOES FRESH CHERRY TOMATOES CHOICE OF FRUIT CHOICE OF MILK	PIZZA CHICKEN STIR FRI OVER BROWN RICE FEATURED VEGGIES: STEAMED BROCCOLI FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK
20-MAY	21-MAY	22-MAY	23-MAY	24-MAY
ITALIAN MEATBALL AND CHEESE ON A HOAGIE ROLL CHICKEN FAJITA ON SOFT TORTILLA FEATURED VEGGIES: CORN ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	SWEET & SOUR CHICKEN OVER RICE BEEF STROGANOFF OVER NOODLES FEATURED VEGGIES: STEAMED GREEN BEANS SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	HOT TURKEY SANDWICH RAVIOLI W/ MEATSAUCE FEATURED VEGGIES: MASHED POTATOES BRUSSEL SPROUTS CHOICE OF FRUIT CHOICE OF MILK	GRILLED CHEESE ON TEXAS TOAST CHICKEN QUESADILLA ON SOFT TORTILLA FEATURED VEGGIES: TOMATO SOUP REFRIED BEANS CHOICE OF FRUIT CHOICE OF MILK	FISH SANDWICH OVEN ROASTED CHICKEN SOFT WHOLE GRAIN PRETZEL RODS FEATURED VEGGIES: BAKED SWEET POTATO ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK
27-MAY	28-MAY	29-MAY	30-MAY	31-MAY
MEMORIAL DAY NO SCHOOL	BEEF TACOS ON SOFT TORTILLA SHELLS HOT ITALIAN GRINDER ON A HOAGIE ROLL FEATURED VEGGIES: STEAMED PEAS RED PEPPER STRIPS CHOICE OF FRUIT CHOICE OF MILK	CORN DOG SPICY CHICKEN PATTY ON A BUN FEATURED VEGGIES: OVEN BAKED BEANS FRESH CUCUMBER SLICES CHOICE OF FRUIT CHOICE OF MILK	HOT HAM & CHEESE ON A PRETZEL ROLL BAKED ZITI FEATURED VEGGIES: ROASTED ZUCCHINI ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	GENERAL TSO CHICKEN OVER BROWN RICE CHICKEN CHEESE QUESADILLA ON A SOFT TORTILLA FEATURED VEGGIES: STEAMED BROCCOLI TOMATO WEDGES CHOICE OF FRUIT CHOICE OF MILK

What is a Meal?
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.
Daily Fruit Selections May include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:
Chopped Garden Salad
Ham & Cheese Sandwich

Jessica Borkosky
General Manager
MA1094@metzcorp.com