

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









MONDRY TUESDAY WEONESDAY THURSDAY FENDALA F				The state of the s		
PRINCE CONTROL PRINCE CONTROL	MONDAY	TUESDAY	WEDNESDAY	The state of the s		What is a Meal?
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MASHED POTATOES W. MERON RICE FRATURED VEGGIES: FRATURED VEGGIES: FRATURED VEGGIES: MIX-GREEN SALL AD CHOICE OF PRUIT CHOICE	200			BEEF STROGANOFF	ORANGE CHICKEN	
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MUSTARD SALCE FEATURED VEGGIES: FEATURED VEGGIES: STEAM CARROTS SAUTEE STRING-BEANS CHOICE OF FRUIT CHOICE OF MILK CHOICE OF M					SALAD	spring salad), red/orange (carrots, sweet
FEATURED VEGGIES: STEAM CARROTS SALVEE STRING-BEANS STEAM CARROTS SALVEE STRING-BEANS CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF MILK CHOICE O						potatoes, tomatoes, red peppers), beans/peas
FEATURED VEGGIES: STEAM CARROTS SAUTEE STRING-GEANS CHOICE OF PRUIT CHOICE OF PRUIT CHOICE OF PRUIT CHOICE OF MILK SALAD GENORGE SALAD GENORGE OF MILK GENO						
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CHOICE OF FRUIT CHOICE OF MILK CHOIC	STEAM CARROTS	SAUTEE STRING-BEANS	VEGETARIAN BEANS	A CONTROL OF THE CONT	SHUFF-CAULIFLOWER	include celery sticks, cucumbers, cauliflower
CHOICE OF FRUIT CHOICE OF MILK CHOIC						green peppers, green beans, cabbage, green
CHOICE OF MILK 13-JAN 13-JAN			CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	
13-JAN 14-JAN 15-JAN 15-JAN 16-JAN 17-JAN 15-JAN 16-JAN 17-JAN 17-JAN 17-JAN 16-LICKEN SANDWICH CHICKEN SANDWICH CHICKEN SANDWICH CHICKEN SANDWICH CHICKEN SANDWICH CHICKEN SANDWICH CALZONE PHILLY CHEESTAKE OVEN BAKE FRIES P.D.I SEPTEMBER SANDWICH CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF MILK CHOICE OF	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	
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OVEN BAKE FRIES FRATURED VEGGIES: FRATURED VEGGI	CHICKEN SANDWICH	BEEF PERUVIAN STYLE	PUERTORICAN STYLE	1		
OVEN BAKE FRIES FRATURED VEGGIES: FRATURED VEGGI	FISH SANDWICH	CALZONE	PHILLY CHEESTAKE	CHICKEN TENDER	NO SCHOOL	
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W/ GRILLED ZUCCHINI LASAGNA GARLIC BREAD GA	CREAMY CHICKEN ENCHILADA		MEAT LOAF			
LASAGNA GARLIC BREAD OVEN BAKE FRIES SANDWICH OVEN BAKE FRIES SOUP FEATURED VEGGIES: GARBANZO SALAD SAUTEE CARROTS BAKED BEANS GARLIC OF FRUIT CHOICE OF FRUIT CHOICE OF MILK CHOICE OF M						
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GARBANZO SALAD SAUTEE CARROTS BAKED BEANS MIX GREEN SALAD SAUTEE SPINACH CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF MILK Camden NJ 08102 Phone-856-614-700105 Fax: 856-338-0203						
CHOICE OF FRUIT CHOICE OF MILK Camden NJ 08102 Phone-856-614-700105 Fax: 856-338-0203						
CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF MILK Cho	OARDAIAD SALAD	SAUTEL SAINOTS	DAILED BEAINS	MIX GREEN SALAD	SAUTEE SPINACH	
CHOICE OF MILK CAMBER NJ 08102 Phone-856-614-700105 Fax: 856-338-0203	CHOICE OF EDUIT	CHOICE OF EDUIT	CHOICE OF EDUIT	CHOICE OF EDUIT	Custom on Faur	
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Fax: 856-338-0203	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	
	THE RESIDENCE WAS INCOME.					
mmpastorello@metzcorp.com	AMERICAN STREET, SERVICE STREE					
						mmpastorello@metzcorp.com





LEAP Academy Charter School Elementary School Lunch Menu May 2013





		may 2010		
Monday	TUESDAY	WEDNESDAY	Thursday	FRIDAY
29-APR	30-APR	1-MAY	2-MAY	3-MAY
FALIAN MEATBALL AND CHEESE	EARLY DISMISSAL	SWEET AND SOUR CHICKEN	ITALIAN DUNKERS	POPCORN CHICKEN
ON A HOAGIE ROLL	TURKEY AND CHEESE	OVER BROWN RICE	WITH SAUCE	SOFT WHOLE GRAIN PRETZEL RO
CHICKEN CHEESE QUESADILLA	SANDWICH	HOME MADE TEXAS CHILI	HOT TURKEY SANDWICH	SPAGHETTI & MEAT SAUCE
ON A SOFT TORTILLA		WITH CORN BREAD	w/ Gravy	GARLIC BREAD
FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:
SAUTEE ZUCCHINI	CELERY STICKS	TATER TOTS	GREEN BEANS	GREEK HUMMUS W/ PITA
FRESH CARROTS		FRESH CUCUMBER SLICES	FRESH CAULIFLOWER	ROMAINE SALAD
CHOICE OF FRUIT		CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT
CHOICE OF MILK		CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
6-MAY	7-MAY	8-MAY	9-May	10-MAY
SLOPPY JOE	CHICKEN ALFREDO	CHEESE STEAK		
	OVER PENNE PASTA	on a Hoagie Roll	EARLY DISMISSAL	EARLY DISMISSAL
CHICKEN PATTY	BEEF TACO	HAMBURGER	TURKEY AND CHEESE	CHICKEN SANDWICH
on a Bun		on a Bun	SANDWICH	SANDWICH
FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:
CORN	STEAMED BROCCOLI	ORIENTAL MIXED VEGETABLES	CARROT STICKS	CELERY STICKS
GREEK HUMMUS	FRESH CARROTS	OVEN READY FRENCH FRIES	CHOICE OF FRUIT	CHOICE OF FRUIT
CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF MILK	CHOICE OF MILK
CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK		
13-May	14-MAY	15-MAY	16-MAY	17-MAY
POPCORN CHICKEN	CORN DOG	CHEESE LASAGNA	SAILSBURY STEAK	PIZZA
VHOLE GRAIN DINNER ROLL		GARLIC BREAD	W. GRAVY	
HOT HAM & CHEESE	CHICKEN	BEEF BURRITO	CHICKEN & CHEESE	CHICKEN STIR FRI
ON A PRETZEL ROLL	W. RICE AND BEANS	IN A SOFT TORTILLA	ON FLAT BREAD	OVER BROWN RICE
FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:
STEAMED PEAS	BAKED BEANS	STEAMED CORN	MASHED POTATOES	STEAMED BROCCOLI
FRESH CARROTS	ROMAINE SALAD	FRESH CELERY STICKS	FRESH CHERRY TOMATOES	FRESH CUCUMBER SLICES
CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT
CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
20-May	21-MAY	22-MAY	23-MAY	24-MAY
TALIAN MEATBALL AND CHEESE	SWEET & SOUR CHICKEN	HOT TURKEY SANDWICH	GRILLED CHEESE	FISH SANDWICH
ON A HOAGIE ROLL	OVER RICE	HOI TURKET SANDWICH	ON TEXAS TOAST	I ISH SANDWICH
CHICKEN FAJITA	BEEF STROGANOFF	RAVIOLI	CHICKEN QUESIDILLA	OVEN ROASTED CHICKEN
ON SOFT TORTILLA	OVER NOODLES	W/ MEATSAUCE	ON SOFT TORTILLA	SOFT WHOLE GRAIN PRETZEL RO
FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:
CORN	STEAMED GREEN BEANS	MASHED POTATOES	TOMATO SOUP	BAKED SWEET POTATO
ROMAINE SALAD	SPINACH SALAD	BRUSSEL SPROUTS	REFRIED BEANS	ROMAINE SALAD
				CHOICE OF FRUIT
CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	
CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
27-May	28-May	29-MAY	30-May	31-MAY
	BEEF TACOS	CORN DOG	HOT HAM & CHEESE	GENERAL TSO CHICKEN
	ON SOFT TORTILLA SHELLS		ON A PRETZEL ROLL	OVER BROWN RICE
		SPICY CHICKEN PATTY	BAKED ZITI	CHICKEN CHEESE QUESADILL
	HOT ITALIAN GRINDER			
MEMORIAL DAY		ON A BUN		ON A SOFT TORTILLA
MEMORIAL DAY	ON A HOAGIE ROLL		FEATURED VEGGIFS	
MEMORIAL DAY NO SCHOOL	ON A HOAGIE ROLL FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:	FEATURED VEGGIES:
	ON A HOAGIE ROLL FEATURED VEGGIES: STEAMED PEAS	FEATURED VEGGIES: OVEN BAKED BEANS	ROASTED ZUCCHINI	FEATURED VEGGIES: STEAMED BROCCOLI
	ON A HOAGIE ROLL FEATURED VEGGIES:	FEATURED VEGGIES:		FEATURED VEGGIES:

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