



LEAP ACADEMY LOWER-UPPER-STEM-SANTIAGO- BREAKFAST-SEPTEMBER-2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<h2 style="color: green;">goodbye, august</h2> <h2 style="color: orange;">hello, september</h2>									
5-SEP		6-SEP		7-SEP		8-SEP		9-SEP	
LABOR DAY		ENGLISH MUFFIN W/ CHEESE		TURKEY HAM- CHEESE EGGS ON BAGLE		YOUGURT & FRUIT PARFAIT		FRENCH TOAST W/ SYRUP	
FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK	
12-SEP		13-SEP		14-SEP		15-SEP		16-SEP	
PANCAKE W/ BLUEBERRY SYRUP		TURKEY SAUSAGE AND PANCAKE ON A STICK		ENGLISH MUFFIN W/ CHEESE		CREAM OF WHEAT		SCRAMBLE EGGS W/CROISSANT	
FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK	
19-SEP		20-SEP		21-SEP		22-SEP		23-SEP	
CROISSANT -BACON- EGGS- CHEESE		OAT-MEAL W/ FRESH FRUITS		ENGLISH MUFFIN W/ CHEESE		WARMED WG BISCUIT		NO SCHOOL	
FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK			
26-SEP		27-SEP		28-SEP		29-SEP		30-SEP	
HAM&CHEESE ON A WHOLE GRAIN CROISSANT		PANCAKE W/ BLUEBERRY SYRUP		BREAK-FAST TACO SCRAMBLE EGGS CHEESE ON SOFT TORTILLA		TURKEY HAM- CHEESE EGGS ON BAGLE		FRENCH TOAST W/ SYRUP	
FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK		FEATURED VEGGIES: OR ASSORTED CEREAL CHOICE OF FRUIT CHOICE OF MILK	

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:
Cheese Burger
on a Bun
Whole Grain Chicken Patty
on a Bun
Chicken Salad
Chopped Garden Salad
Crispy Chicken Wrap
Spicy Chicken Wrap

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