



LEAP-ACADEMY-LOWER- SEPTEMBER-LUNCH-MENU'- 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY 1-SEP	FRIDAY 2-SEP
			RAVIOLI W/GROUND BEEF SAUCE GARLIC BREAD FEATURED VEGGIES: SAUTEE CAULIFLOWER SPINACH SALAD CHOICE OF FRUIT CHOICE OF MILK	ISLAND-STYLE FRIED RICE W/ DICE MEAT HAWAIIAN STYLE FEATURED VEGGIES: MIXGREEN SALAD CHOICE OF FRUIT CHOICE OF MILK
5-SEP	6-SEP	7-SEP	8-SEP	9-SEP
LABOR DAY	CALZONE TOPPING W/SAUCE FEATURED VEGGIES: STRING BEANS CHOICE OF FRUIT CHOICE OF MILK	CHICKEN NUGGETS OVEN BAKE FRIES FEATURED VEGGIES: GREEN PEAS STEAM CHOICE OF FRUIT CHOICE OF MILK	MAC&CHEESE W/CHICKEN FEATURED VEGGIES: STEAM BROCCOLI CHOICE OF FRUIT CHOICE OF MILK	3 CHEESES PIZZA OVEN BAKE FRIES BAG OF CHIPS FEATURED VEGGIES: MIXGREEN SALAD CHOICE OF FRUIT CHOICE OF MILK
	12-SEP	13-SEP	14-SEP	15-SEP
PENNE ALFREDO W/CHICKEN FEATURED VEGGIES: STEAM CORN CHOICE OF FRUIT CHOICE OF MILK	CORN DOG ON STICK FEATURED VEGGIES: BRUSSEL SPROUT SAUTEE' CHOICE OF FRUIT CHOICE OF MILK	CHICKEN W/RICE&BEANS PUERTORICAN STYLE FEATURED VEGGIES: STEAM CARROTS CHOICE OF FRUIT CHOICE OF MILK	PHILLY CHEESTAKE OVEN BAKE FRIES FEATURED VEGGIES: ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	TACO W/CORN CHIP CHEESE-MEAT-LETTUCE- SOUR CREAM FEATURED VEGGIES: MIXGREEN SALAD CHOICE OF FRUIT CHOICE OF MILK
19-SEP	20-SEP	21-SEP	22-SEP	23-SEP
POP-CORN CHICHEN OVEN BAKE FRIES FEATURED VEGGIES: MIXGREEN SALAD STEAM PEAS CHOICE OF FRUIT CHOICE OF MILK	HAMBURGER OVEN BAKE FRIES FEATURED VEGGIES: ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	SPAGHETTI W/ MEAT-BALL FEATURED VEGGIES: CORN SALAD CHOICE OF FRUIT CHOICE OF MILK	EARLY DISMISSAL BAGS LUNCHES	SCHOOL CLOSE
26-SEP	27-SEP	28-SEP	29-SEP	30-SEP
SLOOPY JOE BEEF & VEGETABLES WRAP FEATURED VEGGIES: ROMAINE SALAD CHOICE OF FRUIT CHOICE OF MILK	CORN -DOG(TURKEY) OVEN BAKE FRIES FEATURED VEGGIES: GREEN PEAS STEAM CHOICE OF FRUIT CHOICE OF MILK	SALISBURY STEAK FEATURED VEGGIES: SAUTEE SPINACH CHOICE OF FRUIT CHOICE OF MILK	RAVIOLI GARLIC BREAD FEATURED VEGGIES: MIXGREEN SALAD CHOICE OF FRUIT CHOICE OF MILK	MARGHERITA PIZZA OVEN BAKE FRIES FEATURED VEGGIES: BRUSSEL SPROUT SAUTEE' 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:

- 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

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