



**October 2021
Breakfast
Academy for Urban
Leadership**



**Our menus are aligned with the USDA's
"Healthier US School Challenge."**

				1
Fresh Fruit or Fruit Cup 100% Juice Low Fat Milk Available with all breakfast				Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls
4	5	6	7	8
Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Pancakes & Sausage Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls
11	12	13	14	15
Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	French Toast & Sausage Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls
18	19	20	21	22
Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Pancakes & Sausage Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls
25	26	27	28	29
Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Waffles & Sausage Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls	Assorted Pop Tarts Bagel W/Cream Cheese Yogurt Cup w/Graham Cracker Assorted Cereal Bowls

Menu is subject to change



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Fresh Fruit and Milk Served with all Lunches				1 Cheese Pizza Carrot Sticks Romaine Salad
4 Chicken Patty Sandwich Baby Carrots Romaine Salad	5 Ham & Cheese Pretzel Melt Steamed Broccoli Romaine Salad	6 Meatloaf Slice w/Gravy Mashed Potato Corn Romaine Salad	7 Chicken Drumstick Buttermilk Biscuit Green Beans Romaine Salad	8 Cheese Pizza Carrot Coins Romaine Salad
11 Cheese Quesadilla Refried Beans & Salsa Romaine Salad	12 Sloppy Joe Sandwich Sweet Potato Fries Romaine Salad	13 Buffalo Mac & Cheese Dinner Roll Romaine Salad	14 Hot Dog Potato Wedges Romaine Salad	15 Cheese Pizza Celery Sticks Romaine Salad
18 Meatball Sub Sweet Potato Fries Romaine Salad	19 Popcorn Chicken Mashed Potato Corn Romaine Salad	20 Chicken w/Pasta Alfredo Dinner Roll Romaine Salad	21 Fishwich Sandwich Tater Tots Romaine Salad	22 Cheese Pizza Carrot Coins Romaine Salad
25 Cheeseburger Green Beans Romaine Salad	26 BBQ Chicken Sandwich Green Peas Romaine Salad	27 Baked Ziti Dinner Roll Romaine Salad	28 Orange Ginger Chicken Over Rice Steamed Broccoli Romaine Salad	29 Cheese Pizza Carrot Sticks Romaine Salad

Menu is Subject to Change

**Offered Daily w/ Reimbursable Lunch:
Fresh Fruit or Fruit Cup
Hot and/or Chilled Vegetables
Low Fat & Fat Free milk
Baby Carrot Bags**