## ACAD E M Y

* denotes an upcharge.

Menus are subject to change.

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| 2 <br> Roast Beef Sandwich or Spinach \& Cheese Quiche <br> Ranch Tater Tots Brussels Sprouts Vegetable Medley <br> Gluten Free: BBQ Beef |  | 4 <br> Carolina Pulled Pork or Tomato \& Pimento Flats Cajun Sweet Potato Wedges Greens \& Black Eyed Peas Vegetable Medley <br> Gluten Free: Carolina Pulled Pork | 5 <br> Parmesan Crusted Chicken or Breaded Eggplant w/ <br> Red Pepper Sauce Risotto <br> Steamed Broccoli Vegetable Medley <br> Gluten Free: GF Parmesan Chicken | 6 <br> Cheesy Pizza Pockets or Seared Salmon Wild Rice Pilaf Green Beans Vegetable Medley Gluten Free: GF Pizza |
| 9 <br> Meatball Hoagies or Creamy Artichoke Crepes Farfalle Roasted Zucchini Vegetable Medley <br> Gluten Free: GF Meatball Hoagie | 10 <br> Chicken Sandwich (grilled or fried) or Portabella Rustic Sandwich Toasted Orzo Gratin Asparagus Vegetable Medley <br> Gluten Free: GF Chicken Sandwich | 11 <br> Three Cheese Toastie or Corned Beef Brisket <br> Steak Fries <br> Baked Beans <br> Vegetable Medley <br> Gluten Free: GF Toastie | 12 <br> Chicken Nuggets or Marinated Vegetable Wrap Au Gratin Potatoes Roasted Cauliflower Vegetable Medley <br> Gluten Free: GF Chicken Chunks | 13 Cheese Pizza or Potato Crusted Cod Tomato Basil Barley Corn Vegetable Medley Gluten Free: GF Pizza |

A complete school lunch consists of: soup, salad, entrée (cold or hot), 2 side dishes, fruit, \& milk. We feature locally source vegetables daily (some grown right here on the SSA farm)!

