

# Niagara Academy School Lunch Menu

Grade 9-12 \$2.20 Pre-Pay Full or Reduced Lunches Available Weekly, Monthly, or yearly. Please make checks payable to Starpoint CSD.

## June 2019



### Lunch Fact

My Plate

Recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great, but are good for you, too.

Reference: USDA. MyPlate.gov. Internet:

Menu is subject to change.

Breakfast Available Daily: Please make breakfast a mandatory part of your day. If you are approved for Free or Reduced Lunch; you are automatically approved for Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Meatball Sub</b> 4ea (Meatballs, Sauce, &amp; Mozz. Cheese)</p> <p>-----</p> <p><b>Broccoli</b> <b>Carrots 3/4c</b></p> <p>Fresh or Prepared Fruit.</p>	<p>4</p> <p><b>Taco on Soft Shell</b> 8" w/ Seasoned Rice 1/2c</p> <p>-----</p> <p><b>Corn</b> <b>Vegetarian Beans</b></p> <p>Fresh or Prepared Fruit</p>	<p>5</p> <p><b>Hamburger or Cheeseburger</b> w/ Garlic Pasta 1/2c</p> <p>-----</p> <p><b>Peas</b> <b>Green Beans</b></p> <p>Fresh or Prepared Fruit</p>	<p>6</p> <p><b>Hot Turkey Sandwich</b> 2 sl w/ Gravy</p> <p>-----</p> <p><b>Carrots 3/4c</b> <b>Mashed Potatoes</b></p> <p>Fresh or Prepared Fruit</p>	<p>7</p> <p><b>BBQ Chicken on Roll</b> w/ Seasoned Rice</p> <p>-----</p> <p><b>Broccoli</b> <b>Mixed Vegetables</b></p> <p>Fresh or Prepared Fruit</p>
<p>10</p> <p><b>Bosco Sticks</b> w/ Marinara Sauce (Breadstick filled w/ Mozz. Cheese)</p> <p>-----</p> <p><b>Broccoli</b> <b>Carrots 3/4c</b></p> <p>Fresh or Prepared Fruit</p>	<p>11</p> <p><b>Taco on Soft Shell</b> w/ Seasoned Rice 1/2c</p> <p>-----</p> <p><b>Corn</b> <b>Vegetarian Beans</b></p> <p>Fresh or Prepared Fruit</p>	<p>12</p> <p><b>Spirals</b> 1c w/ Meatballs 4 ea</p> <p>-----</p> <p><b>Broccoli</b> <b>Green Beans</b></p> <p>Fresh or Prepared Fruit</p>	<p>13</p> <p><b>Seasoned Baked Chicken</b> w/ Dinner Roll &amp; Seasoned Rice 1/2c</p> <p>-----</p> <p><b>Carrots 3/4c</b> <b>Mashed Potatoes</b></p> <p>Fresh or Prepared Fruit</p>	<p>14</p> <p><b>Grilled Cheese</b> w/ Tomato Soup</p> <p>-----</p> <p><b>Cauliflower</b> <b>Mixed Vegetables</b></p> <p>Fresh or Prepared Fruit</p>
<p>17</p> <p><b>Breaded Pork Patty</b> w/ Gravy &amp; Dinner Roll</p> <p>-----</p> <p><b>Carrots 3/4c</b> <b>Mashed Potatoes</b></p> <p>Fresh or Prepared Fruit</p>	<p>18</p> <p>Cooks Choice</p>	<p>19</p> <p>Cooks Choice</p>	<p>20</p> <p>Cooks Choice</p>	<p>21</p> <p>Cooks Choice</p>
<p>Con"grad"ulations Graduates!!</p>				
				<p><b>MY SCHOOL BUCKS</b></p> <p>Visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to set up a lunch account to monitor and apply money to your child's account throughout the school year</p>

### Offered daily

#### With all School Lunches:

**Fresh Fruit (served by the piece = 1/2c) & Prepared Fruit (served by the 1/2c portion)**  
**Vegetables (served by the 1/2c portion unless otherwise noted)**  
**(Must take 1/2 cup of Fruit or Vegetable)**  
**(May take 1 cup)**

Non or Low Fat White or Non Fat Chocolate Milk available daily

#### We serve the following Entrees Daily:

**Yogurt Parfait w/ Roll (2M - 1G)**  
**Triple Decker PBJ (2M - 2G)**  
**Submarine Sandwich (2M - 2G)**  
**Julienne Salad w/ Roll (2M - 2G)**  
**Slice of Pizza (2M - 2G)**

#### Start with a:

- **Vegetable**
- **Fruit (or take both)**
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

**Take at least 3**

**(One being a fruit or vegetable)**