



Arts Academy
Charter Middle School

Serving Only
Hormone Free Milk

Lunch Menu

Due: >Ubi Ufmi%} ž&\$%

Please circle **EITHER** meal that is in **bold**

LAST NAME FIRST NAME GRADE TEACHER

letters on any given day.

LUNCHES ORDERED : _____ X \$3.25 (Full) \$.40 (Reduced) = _____

Check # _____ School Cafe# _____

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			Cheesesteak Sandwich on Whole Grain Steak Roll	Chicken Breast Sandwich w/ Sauce of the Day on Whole Grain Bun
			Egg Salad Sandwich (V)	Black Bean Burrito (V)
			Savory Baked Beans	Broccoli
5	6	7	8	9
Turkey Ham & Cheese Pretzel Melt w/ Mustard	Turkey Hot Dog on Whole Grain Bun	Breaded Chicken Sandwich w/ Sauce of the Day on Whole Grain Bun	Cheeseburger on Whole Grain Bun	Pizza Crunchers Fresh Fruit
Pizza Pretzel Melt (V)	Macaroni & Cheese (V)	Southwest Veggie Wrap (V)	SunButter & Jelly Sandwich (V)	Veggie Burger (V)
Garden Salad	Chilled Baby Carrots with Ranch	Creamy Cole Slaw	Grandma's Potato Salad	Garbanzo Bean Salad
12	13	14	CHINESE NEW YEAR	
Buffalo Chicken Cheesesteak on Whole Grain Steak Roll	Meatball Sub on Whole Grain Steak Roll	Super Beef Nacho Supreme Tortilla Chips	Sweet & Sour Chicken w/ fried rice, an egg roll & a fortune cookie	
Greek Salad (V)	Cheesy Lasagna Roll-Up (V)	Veggie Tacos (V)	Sweet & Sour Veggie crumbles	
Seasoned Corn	California Blend Veg.	Salsa & Tortilla Chips		
19	20	21	22	23
NO SCHOOL	Personal Pizza	Oven Baked BBQ Chicken Whole Grain Biscuit	Turkey Hoagie on Hoagie Bun	Chicken Fajitas on WG Tortillas
	Fruit & Cheese Tray	Spicy Vegetarian Burger Wrap (V)	Spaghetti & Spinach Pesto (V)	Veggie Nachos (V)
	Sweet Potato Fries	Savory Baked Beans	Celery Sticks with Ranch	Seasoned Corn
26	27	28	1	Milk Selections Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate
Cheesesteak Sandwich on Whole Grain Steak Roll	Chicken Nuggets	Sloppy Joe on Whole Grain Bun		Fresh Fruit Selections 1c of Fresh Fruit Offered Daily Apple Banana Pear Orange
Greek Salad Wrap (V)	Bell Pepper Boat (V)	Fresh Vegetable Stir Fry (V)		
Pennsylvania Select Vegetables	Garden Salad	Chilled Baby Carrots with Ranch		

This institution is an equal opportunity Provider

Healthy Food, Healthy Teeth

Before you start munching on a snack, ask yourself what's in the food you've chosen. Keep in mind that certain kinds of sweets can do more damage than others. Goopy or chewy sweets spend more time sticking to the surface of your teeth and can damage them.

LINTONS
Food Service Management

www.lintonsfoodservice.com

Halal & Kosher Menu options available upon request



Make your Plate a Healthy Plate.
Eat **Calcium** Rich foods for Strong Bones.





Serving Only
Hormone Free Milk

Bagged Breakfast Menu

No Pork
Products
Served

Due: January 15, 2018

Please circle **EITHER** meal that is in **bold**

LAST NAME

FIRST NAME

GRADE

TEACHER

letters on any given day.

BREAKFASTS ORDERED : _____ X \$2.00 (Full) \$.30 (Reduced) = _____

Check # _____ Payschool conf # _____

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1 Cream Cheese Stuffed Bagels Fresh Fruit Choice Of Milk	2 Assorted Breakfast Rounds
5 Assorted Benefit Bars Fresh Fruit Choice Of Milk	6 Mini Pancakes Fresh Fruit Choice Of Milk	7 Assorted Cereal Graham Cracker Fresh Fruit Choice Of Milk	8 Fruit Frudel Fresh Fruit Choice Of Milk	9 Assorted Granola Bars Mozzarella String Cheese Fresh Fruit Choice Of Milk
12 Mini Alphabet Treats Strawberry Go-Gurt Fresh Fruit Choice Of Milk	13 Mini Cinni's Fresh Fruit Choice Of Milk	14 WG Apple Cinnamon Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	15 Mini French Toast Fresh Fruit Choice Of Milk	16 NO SCHOOL
19 NO SCHOOL	20 Cream Cheese Stuffed Bagels Fresh Fruit Choice Of Milk	21 Assorted Breakfast Rounds	22 Mini Pancakes Fresh Fruit Choice Of Milk	23 Whole Grain Corn Muffin Fresh Fruit Choice Of Milk
26 WG Banana Muffin Assorted Yogurt Fresh Fruit Choice Of Milk	27 Fruit Frudel Fresh Fruit Choice Of Milk	28 Assorted Benefit Bars Fresh Fruit Choice Of Milk	Milk Selections Choice of 8oz Milk Offered Daily 1% Plain Fat Free Plain Fat Free Chocolate Fresh Fruit Selections 1c of Fresh Fruit Offered Daily Apple Pear Banana Orange	Cold Cereal Selections Berry Kixx Honey Nut Scooters WG Chex Raisin Bran Toasty O's

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Start the day Smart, with Breakfast!

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