

# September 8-14 2019

## Academy of Exploration- Discovery/Phelps Lunch

| MONDAY                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                                                                                                                     |
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| <b>9</b>                                                                                                                                                                                                                                                                                                                                        | <b>10</b>                                                                                                                                                                                                                                                                                                                                                                                                                | <b>11</b>                                                                                                                                                                                                                                                                                                                                   | <b>12</b>                                                                                                                                                                                                                                                                                                   | <b>13</b>                                                                                                                                                                                                                                                                                                                                  |
| <b>Entree</b> <ul style="list-style-type: none"> <li>Breaded Chicken Drumstick</li> <li>Dinner Roll</li> <li>Cheeseburger</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Applesauce</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Fresh Broccoli</li> <li>Mashed Potatoes</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Chicken Meatballs</li> <li>Spaghetti</li> <li>Spaghetti Sauce</li> <li>Parm It Topping</li> <li>Grilled Chicken Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Orange</li> <li>Mixed Fruit <math>\Delta</math></li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Red Peppers Fresh</li> <li>French Fries</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Chili Cheese Baked Potato</li> <li>Dinner Roll</li> <li>BBQ Pork Riblet Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Diced Pears</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Orange Glazed Carrots</li> <li>Celery Sticks</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Hamburger</li> <li>Spicy Breaded Chicken Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Applesauce</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Vegetarian Baked Beans</li> <li>French Fries</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Salisbury Steak</li> <li>Dinner Roll</li> <li>Hot Dog on a Bun</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Apple Slices</li> <li>Craisins</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Mashed Potatoes</li> <li>Green Beans</li> </ul> |

# September 15-21 2019

## Academy of Exploration- Discovery/Phelps Lunch

| MONDAY                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                                                |
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| <b>16</b>                                                                                                                                                                                                                                                                                                              | <b>17</b>                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>18</b>                                                                                                                                                                                                                                                                                                                                              | <b>19</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>20</b>                                                                                                                                                                                                                                                                                                                                                             |
| <b>Entree</b> <ul style="list-style-type: none"> <li>Fish Sticks</li> <li>Dinner Roll</li> <li>Cheeseburger</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Orange Wedges</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Fresh Tomato Wedges</li> <li>French Fries</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Chicken Meatballs</li> <li>Spaghetti</li> <li>Spaghetti Sauce</li> <li>Parm It Topping</li> <li>Chicken Tenders</li> <li>Dinner Roll</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Craisins</li> <li>Mixed Fruit <math>\Delta</math></li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Fresh Cucumber Slices</li> <li>Steamed Spinach</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Baked Lasagna</li> <li>Fresh Baked Breadstick</li> <li>Corn Dog</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Diced Pears</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Maple Mashed Sweet Potatoes</li> <li>Celery Sticks</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Brown Rice</li> <li>Scrambled Eggs</li> <li>Popcorn Chicken</li> <li>Chicken Thigh Fajita Topping</li> <li>LoMein Noodles</li> <li>Stir Fry Vegetable Mix</li> <li>Soy Sauce</li> <li>Teriyaki Sauce</li> <li>General Tso's Sauce</li> <li>Sweet &amp; Sour Sauce</li> <li>Grilled Cheese Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Applesauce</li> <li>Pineapple Tidbits</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Chipotle Campfire Beans</li> <li>Baby Carrots</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Country Popcorn Chicken Bowl</li> <li>Dinner Roll</li> <li>Hot Dog on a Bun</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Apricot Halves</li> <li>Fresh Banana</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Broccoli with Margarine</li> <li>Red Peppers Fresh</li> </ul> |

# September 22-28 2019

## Academy of Exploration- Discovery/Phelps Lunch

| MONDAY                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                                                                                                                                      |
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| <b>23</b>                                                                                                                                                                                                                                                                                                                        | <b>24</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>25</b>                                                                                                                                                                                                                                                                                                                                    | <b>26</b>                                                                                                                                                                                                                                                                                                                                                                                 | <b>27</b>                                                                                                                                                                                                                                                                                                                                                   |
| <b>Entree</b> <ul style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Dinner Roll</li> <li>Cheeseburger</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Orange Wedges</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Corn with Margarine</li> <li>Baby Carrots</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Breaded Chicken Parmesan</li> <li>Spaghetti</li> <li>Spaghetti Sauce</li> <li>Parm It Topping</li> <li>Chicken Tenders</li> <li>Dinner Roll</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Strawberry Banana</li> <li>Applesauce</li> <li>Mixed Fruit <math>\Delta</math></li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Fresh Cucumber Slices</li> <li>Steamed Spinach</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Nacho Cheese Walking Taco</li> <li>Chicken Patty Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Diced Pears</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Sweet Potato Tater Bites</li> <li>French Fries</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>BBQ Pork Riblet Sandwich</li> <li>Spicy Breaded Chicken Sandwich</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Fresh Grapes <math>\Delta</math></li> <li>Apricot Halves</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Charro Black Beans <math>\Delta</math></li> <li>Celery Sticks</li> </ul> | <b>Entree</b> <ul style="list-style-type: none"> <li>Breaded Chicken Parmesan Melt</li> <li>Hot Dog on a Bun</li> </ul> <b>Fruit</b> <ul style="list-style-type: none"> <li>Wild Blueberries</li> <li>Pineapple Tidbits</li> </ul> <b>Vegetable</b> <ul style="list-style-type: none"> <li>Maple Mashed Sweet Potatoes</li> <li>Steamed Broccoli</li> </ul> |

Foods marked by a  $\Delta$  on this menu have incomplete special diet info.

NOTE: Foods with the following special diets filters have been removed from your print menu: Shellfish

# September 8-14 2019

## Academy of Exploration- Discovery/Phelps Breakfast

### MONDAY

9

#### Entree

- Sausage & Cheese English Muffin
- Cocoa Puffs
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Wedges
- Diced Pears
- Apple Juice
- Orange Juice
- Cherry Star Juice

### TUESDAY

10

#### Entree

- Country Chicken & Cheese English Muffin
- Cocoa Puffs
- Lucky Charms

#### Fruit

- Fresh Banana
- Apple Juice
- Orange Juice
- Cherry Star Juice

### WEDNESDAY

11

#### Entree

- Sausage & Egg Biscuit
- Lucky Charms
- Trix

#### Fruit

- Fresh Orange
- Mixed Fruit  $\Delta$
- Apple Juice
- Orange Juice
- Cherry Star Juice

### THURSDAY

12

#### Entree

- Cheesy Egg Biscuit
- Frosted Corn Flakes
- Choco Frosted Mini Wheat

#### Fruit

- Blue Raspberry Applesauce
- Apple Juice
- Orange Juice
- Cherry Star Juice

### FRIDAY

13

#### Entree

- Country Chicken & Egg Bagel
- Rice Chex
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Slices
- Fresh Banana
- Apple Juice
- Orange Juice
- Cherry Star Juice

Foods marked by a  $\Delta$  on this menu have incomplete special diet info.

# September 15-21 2019

## Academy of Exploration- Discovery/Phelps Breakfast

### MONDAY

16

#### Entree

- Sausage, Egg & Cheese Bagel
- Cocoa Puffs
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Wedges
- Diced Pears
- Apple Juice
- Orange Juice
- Cherry Star Juice

### TUESDAY

17

#### Entree

- Mini Cinnamon Rolls
- Cocoa Puffs
- Lucky Charms

#### Fruit

- Fresh Banana
- Apple Juice
- Orange Juice
- Cherry Star Juice

### WEDNESDAY

18

#### Entree

- Sausage & Cheese English Muffin
- Lucky Charms
- Trix

#### Fruit

- Fresh Orange
- Cinnamon Applesauce
- Apple Juice
- Orange Juice
- Cherry Star Juice

### THURSDAY

19

#### Entree

- Cheesy Egg Breakfast Burger
- Frosted Corn Flakes
- Choco Frosted Mini Wheat

#### Fruit

- Blue Raspberry Applesauce
- Apple Juice
- Orange Juice
- Cherry Star Juice

### FRIDAY

20

#### Entree

- Cheesy Chicken Ham Biscuit
- Rice Chex
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Slices
- Craisins
- Apple Juice
- Orange Juice
- Cherry Star Juice

Foods marked by a  $\Delta$  on this menu have incomplete special diet info.

# September 22-28 2019

## Academy of Exploration- Discovery/Phelps Breakfast

### MONDAY

23

#### Entree

- Cheesy Egg Biscuit
- Cocoa Puffs
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Slices
- Diced Pears
- Apple Juice
- Orange Juice
- Cherry Star Juice

### TUESDAY

24

#### Entree

- Sausage & Cheese English Muffin
- Cocoa Puffs
- Lucky Charms

#### Fruit

- Fresh Banana
- Apple Juice
- Orange Juice
- Cherry Star Juice

### WEDNESDAY

25

#### Entree

- Egg, C. Ham & Cheddar Flatbread Sandwich
- Lucky Charms
- Trix

#### Fruit

- Fresh Orange
- Cinnamon Applesauce
- Apple Juice
- Orange Juice
- Cherry Star Juice

### THURSDAY

26

#### Entree

- Country Chicken Bagel
- Frosted Corn Flakes
- Choco Frosted Mini Wheat

#### Fruit

- Blue Raspberry Applesauce
- Apple Juice
- Orange Juice
- Cherry Star Juice

### FRIDAY

27

#### Entree

- Sausage Breakfast Pizza
- Rice Chex
- Cinnamon Toast Crunch

#### Fruit

- Fresh Apple Slices
- Craisins
- Apple Juice
- Orange Juice
- Cherry Star Juice

Foods marked by a  $\Delta$  on this menu have incomplete special diet info.

NOTE: Foods with the following special diets filters have been removed from your print menu: Shellfish

More Details: [sps.nutrislice.com/menu/academy-of-exploration-discovery/breakfast/](https://sps.nutrislice.com/menu/academy-of-exploration-discovery/breakfast/)  
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