School Menu

DEERWOOD ACADEMY TOWN CENTER

Location: Town Center Date	**Monday** 7/8/2024	**Tuesday** 7/9/2024	**Wednesday** 7/10/2024	**Thursday** 7/11/2024	**Friday** 7/12/2024
AM Snack	Raisin Cinnamon Toast w/Cream Cheese 2% Unflavored Low-Fat Milk *(Whole Milk)*	Low-fat Vanilla Yogurt w/ Granola 2% Unflavored Low-Fat Milk *(Whole Milk)*	Egg & Cheese English Muffin 2% Unflavored Low-Fat Milk *(Whole Milk)*	Whole Wheat Waffle w/ Syrup 2% Unflavored Low-Fat Milk *(Whole Milk)*	Whole Grain Cheerios 2% Unflavored Low-Fat Milk *(Whole Milk)*
Lunch *Vegetarian Option*	**Yellow Rice & Chicken** ***Chick'N*** Diced Chicken w/ Yellow Rice Sauteed Green Beans Applesauce 2% Unflavored Low-Fat Milk *(Whole Milk)*	**Pizza Bagel Party!** Whole-Wheat Bagel topped with Marinara & Mozarella Cheese, Choice of Turkey Pepperoni, Olives or Pineapple Toppings Whole Kernel Corn Fresh Banana 2% Unflavored Low-Fat Milk *(Whole Milk)*	**Homemade Basil Pesto Pasta** Whole-Wheat Pasta in a Homemade Basil Pesto Sauce topped with Parmesan Cheese Steamed Peas Pineapple Tidbits 2% Unflavored Low-Fat Milk *(Whole Milk)*	**Chicken Masala** *Chick'n* Diced Chicken Baked in a Masala Curry Sauce Steamed Broccoli Steamed Jasmine Rice 2% Unflavored Low-Fat Milk *(Whole Milk)*	**Sunflower Butter & Jelly Sandwich** Sunflower Butter & Grape Jelly on Whole-Wheat Bread Carrots w/ Ranch *(Steamed Carrots)* Fresh Orange Slices *(Mandarin Oranges)* 2% Unflavored Low-Fat Milk *(Whole Milk)*
PM Snack	Trail Mix w/ Dried Berries *(Real Fruit Fig Bar)* Filtered Water	Hummus w/ Ritz Crackers Filtered Water	Graham Crackers w/ Banana Filtered Water	Fresh Baked Cheese Pizza Toast Filtered Water	Chocolate Brownie Filtered Water

Fun Fact From Chef Trina: There are 60 different ingredients in a typical curry!

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.