

Unbound Academy August Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>M/MA-3.5oz- Chicken Filet Sandwich G-2oz- WW Bun V-4oz -Mixed Vegetables F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>2</p> <p>M/MA-3.2oz Cheeseburger on a G-2oz -WW Bun V-4oz -Baked French Fries V-4oz -Baby Carrots/ Dressing F-4oz -Pineapple Tidbits M-8oz -Low fat or skim milk</p>	<p>3</p> <p>M/MA-5oz -Baked Beefaroni w/ Cheese G-2oz- WW Dinner Roll V-2oz- Romania Garden Salad w/ Diced tomatoes V-4oz -Normandy blend Veg F-3oz -Apple Quick Crisp M-8oz -Low fat or skim milk</p>	<p>4</p> <p>M/MA-3.5oz -Baked Chicken w/ G- 2oz -Wheat Roll V- 4oz -Turnip Greens V- 4oz -Sweet Potato Souffle F-4oz -Sliced Pears M-8oz -Low fat or skim milk</p>	<p>5</p> <p>M/MA/G-4oz -Cheese Pizza V-4oz -Garden Salad / Ranch F-4oz -Sliced Peaches M-8oz -Low fat or skim milk</p>
<p>8</p> <p>M/MA-3oz- Meatball Sub Sandwich G-2oz -WW Roll V-4oz -Golden Corn F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>9</p> <p>M/MA-2.5oz Taco Supreme beef w/ Lettuce, Tomato, & M/MA-1oz-Shredded Cheese V-4oz- Mexican Pinto Beans F-4oz- Fresh Apple M-8oz- Low fat or skim</p>	<p>10</p> <p>M/MA-3oz -Turkey & Cheese G-2oz-Sandwich V-4oz-Kale Salad V-4oz- Cauliflower/ Cheese Sauce F-4oz -Chilled Peaches M-8oz -Low fat or skim milk</p>	<p>11</p> <p>M/MA-2.5oz -Hot Dog on a G-2oz-WW Bun V-4oz -Baked Beans V-4oz -Fresh Banana M-8oz -Low fat or skim milk</p>	<p>12</p> <p>M/MA-3oz -Baked Chicken Tenders & G-2oz -WW Roll V-2oz -Garden Salad w/ Grape Tomatoes, & Dressing F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>
<p>15</p> <p>M/MA-3.5oz- Chicken Filet Sandwich G-2oz- WW Bun V-4oz -Mixed Vegetables F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>16</p> <p>M/MA-3.2oz- Cheeseburger on a G-2oz -WW Bun V-4oz -Oven Potato Wedges V-4oz -Cucumber/ Tomato Salad F-4oz -Applesauce M-8oz -Low fat or skim milk</p>	<p>17</p> <p>M/MA-5oz -Baked Beefaroni w/ Cheese G-2oz- WW Dinner Roll V-2oz- Romania Garden Salad w/ Diced tomatoes V-4oz -Normandy blend Veg F-3oz -Apple Quick Crisp M-8oz -Low fat or skim milk</p>	<p>18</p> <p>M/MA-3.5oz -Baked Chicken w/ G- 2oz -Wheat Roll V- 4oz -Turnip Greens V- 4oz -Sweet Potato Souffle F-4oz -Sliced Pears M-8oz -Low fat or skim milk</p>	<p>19</p> <p>M/MA/G-4oz -Cheese Pizza V-4oz -Garden Salad / Ranch F-4oz -Sliced Peaches M-8oz -Low fat or skim milk</p>
<p>22</p> <p>M/MA-3oz- Meatball Sub Sandwich G-2oz -WW Roll V-4oz -Golden Corn F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>23</p> <p>M/MA-2.5oz Taco Supreme beef w/ Lettuce, Tomato, & M/MA-1oz-Shredded Cheese V-4oz- Mexican Pinto Beans F-4oz- Fresh Apple M-8oz- Low fat or skim</p>	<p>24</p> <p>M/MA-3oz -Turkey & Cheese G-2oz-Sandwich V-4oz-Kale Salad V-4oz- Cauliflower/ Cheese Sauce F-4oz -Chilled Peaches M-8oz -Low fat or skim milk</p>	<p>25</p> <p>M/MA-2.5oz -Hot Dog on a G-2oz-WW Bun V-4oz -Baked Beans V-4oz -Fresh Banana M-8oz -Low fat or skim milk</p>	<p>26</p> <p>M/MA-4oz -Baked Chicken Nuggets w/ G-2oz -WG Roll V-4oz -Baked Sweet Potato Fries V-4oz -Garden Salad w/ Dressing F-4oz -Fresh Banana M-8oz -Low fat or skim milk</p>

<p>27. M/MA-3.5oz- Chicken Filet Sandwich G-2oz- WW Bun V-4oz -Mixed Vegetables F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>28. M/MA-3.2oz- Cheeseburger on a G-2oz -WW Bun V-4oz -Oven Potato Wedges V-4oz -Cucumber/ Tomato Salad F-4oz -Applesauce M-8oz -Low fat or skim milk</p>	<p>29. M/MA-5oz -Baked Beefaroni w/ Cheese G-2oz- WW Dinner Roll V-2oz- Romania Garden Salad w/ Diced tomatoes V-4oz -Normandy blend Veg F-3oz -Apple Quick Crisp M-8oz -Low fat or skim milk</p>	<p>30. M/MA-3.5oz -Baked Chicken w/ G- 2oz -Wheat Roll V-4oz -Turnip Greens V-4oz -Sweet Potato Souffle F-4oz -Sliced Pears M-8oz -Low fat or skim milk</p>	
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