

# RISE ACADEMY

## Breakfast & Lunch Menus

Week # 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B/FAST</b>	<i>Apple Whirls Toast W Margarine &amp; Jelly Orange Juice Milk Chancellor: Apple Jacks</i>	<i>Biscuit Cheese Slice Sausage Patty Orange Juice Margarine Milk</i>	<i>Bagel w/ Cream Cheese Apple Juice Milk</i>	<i>Egg Patty Bacon Slice (2) White Bread Grape Juice Milk</i>	<i>Blueberry Muffin (2) Apple Juice Milk</i>
<b>LUNCH/ SUPPER</b>	<i>Jamaican Beef Patties Yellow Rice Green Beans Dinner Roll Margarine Diced Pears Milk</i>	<i>Ravioli &amp; Meat Sauce Italian Vegetables Garlic Bread Margarine Apple Milk</i>	<i>Meatloaf Mashed Potatoes Peas &amp; Carrots Pineapple Tidbits Dinner Roll Milk</i>	<i>Chicken Nuggets Yellow Rice w/ Corn Caesar Salad w/ Croutons Mandarin Segments Milk</i>	<i>Cheese Pizza Tossed Salad w/Dressing Banana Milk</i>

The Portions are adjusted by age and grades groups, according to NSLP recommendations:

Meat or Meat alternative: Age 3 – 8 Years: 1.5 oz / 9 – 12 Years: 2 oz / 12 and over: 3 oz  
 Vegetables and Fruit : Age 3 – 8 Years : ½ Cup / 9 – 12 Years : ¾ Cup / 12 and over : ¾ Cup  
 Bread or Bread Alternative Age 3 – 8 Years: 8 p/week / 9 – 12 Years: 8 p/week / 12 and over: 10 p/week  
 Milk Age 3 – 8 Years: 6 – 8 oz / 9 – 12 Years: 8 oz / 12 and over: 8 oz

# RISE ACADEMY

## Breakfast & Lunch Menus

Week # 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B/FAST</b>	<i>Frosted Flakes Toast W Margarine &amp; Jelly Orange Juice Milk</i>	<i>Pancakes (2) W/Syrup Orange Juice Milk</i>	<i>Bagel w/ Cream Cheese Apple Juice Milk</i>	<i>French Toast (2) w/ Syrup Grape Juice Milk</i>	<i>Banana Muffin (2) Apple Juice Milk</i>
<b>LUNCH/ SUPPER</b>	<i>Chicken Patty Hamburger Bun Ketchup &amp; Mustard Corn on the Cob Lettuce &amp; Tomatoes Sliced Orange Sections Milk</i>	<i>Tacos (2) Mexican Style Ground Beef Shredded lettuce Diced Tomatoes Shredded Cheese Yellow Rice W/ Corn &amp; Red peppers Jell-O Milk</i>	<i>Chicken Tenders Mashed Potatoes Broccoli w/Cheese Peaches Dinner Roll w/ Margarine Milk</i>	<i>BBQ Rib Patty Hamburger Bun Corn on the Cob Pineapple Tidbits Milk</i>	<i>Cheese Pizza Tossed Salad w/Dressing Banana Milk</i>

The Portions are adjusted by age and grades groups, according to NSLP recommendations:

Meat or Meat alternative: Age 3 – 8 Years: 1.5 oz / 9 – 12 Years: 2 oz / 12 and over: 3 oz  
 Vegetables and Fruit : Age 3 – 8 Years : ½ Cup / 9 – 12 Years : ¾ Cup / 12 and over : ¾ Cup  
 Bread or Bread Alternative Age 3 – 8 Years: 8 p/week / 9 – 12 Years: 8 p/week / 12 and over: 10 p/week  
 Milk Age 3 – 8 Years: 6 – 8 oz / 9 – 12 Years: 8 oz / 12 and over: 8 oz

# RISE ACADEMY

## Breakfast & Lunch Menus

Week # 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B/FAST</b>	<i>Froot Loops Toast W Margarine &amp; Jelly Orange Juice Milk</i>	<i>Biscuit Cheese Slice Sausage Patty Orange Juice Margarine Milk</i>	<i>Bagel w/ Cream Cheese Apple Juice Milk</i>	<i>Egg Patty Bacon Slice (2) White Bread Grape Juice Milk</i>	<i>Blueberry Muffin (2) Apple Juice Milk</i>
<b>LUNCH/ SUPPER</b>	<i>Jamaican Beef Patties Yellow Rice Green Beans Dinner Roll Margarine Diced Pears Milk</i>	<i>Grilled Chicken Breast Mashed Potatoes Kernel Corn Dinner Roll w/ Margarine Fruit Cocktail Milk</i>	<i>Hot Dog Hot Dog Bun Carrots Mustard &amp; Ketchup Sun Chips Pineapple Tidbits Milk</i>	<i>Cheeseburger On Hamburger Bun Lettuce and Tomatoes Sliced Oven Tater Tots Ketchup Peaches Milk</i>	<i>Cheese Pizza Tossed Salad W/Dressing Banana Milk</i>

The Portions are adjusted by age and grades groups, according to NSLP recommendations:

Meat or Meat alternative: Age 3 – 8 Years: 1.5 oz / 9 – 12 Years: 2 oz / 12 and over: 3 oz  
 Vegetables and Fruit : Age 3 – 8 Years : ½ Cup / 9 – 12 Years : ¾ Cup / 12 and over : ¾ Cup  
 Bread or Bread Alternative Age 3 – 8 Years: 8 p/week / 9 – 12 Years: 8 p/week / 12 and over: 10 p/week  
 Milk Age 3 – 8 Years: 6 – 8 oz / 9 – 12 Years: 8 oz / 12 and over: 8 oz

# RISE ACADEMY

## Breakfast & Lunch Menus

Week # 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B/FAST</b>	<i>Corn Pops            Toast W Margarine &amp;            Jelly            Orange Juice            Milk</i>	<i>Pancakes (2)            W/Syrup            Orange Juice            Milk</i>	<i>Bagel w/            Cream Cheese            Apple Juice            Milk</i>	<i>French Toast (2)            w/ Syrup            Grape Juice            Milk</i>	<i>Banana Muffin (2)            Apple Juice            Milk</i>
<b>LUNCH/ SUPPER</b>	<i>Tacos (2)            Mexican Style Ground            Beef            Shredded lettuce            Diced Tomatoes            Shredded Cheese            Yellow Rice W/ Corn &amp;            Red peppers            Jell-O            Milk</i>	<i>Diced Chicken            Yellow Rice            Vegetables            Sweet Fried            Plantains            Dinner Roll            Fruit Salad            Milk</i>	<i>Cheese Burger            On Hamburger Bun            Lettuce &amp; tomatoes            Sliced            Tater Tots            Ketchup            Peaches            Milk</i>	<i>BBQ Rib Patty            Hamburger Bun            Corn on the Cob            Pineapple Tidbits            Milk</i>	<i>Cheese Pizza            Tossed Salad            W/Dressing            Banana            Milk</i>

The Portions are adjusted by age and grades groups, according to NSLP recommendations:

- Meat or Meat alternative: Age 3 – 8 Years: 1.5 oz / 9 – 12 Years: 2 oz / 12 and over: 3 oz
- Vegetables and Fruit : Age 3 – 8 Years : ½ Cup / 9 – 12 Years : ¾ Cup / 12 and over : ¾ Cup
- Bread or Bread Alternative Age 3 – 8 Years: 8 p/week / 9 – 12 Years: 8 p/week / 12 and over: 10 p/week
- Milk Age 3 – 8 Years: 6 – 8 oz / 9 – 12 Years: 8 oz / 12 and over: 8 oz