



All meals are served with a fruit,  
veggie and choice of milk.

# American Leadership Academy

## Warrior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>All Students who attend Ironwood Junior &amp; High School are eligible for one free breakfast and lunch everyday.</p> </div>				<b>BREAKFAST</b> 1 Chefs Choice Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Mexi Salad Fresh Fruit Veggies & Milk
	<b>BREAKFAST</b> 4 Pancake Wrap Fresh Fruit & Milk  <b>LUNCH</b> BBQ Rib on a Bun OR Yogurt, String Cheese & Grahams Fresh Fruit & Veggie	<b>BREAKFAST</b> 5 Scrambled Eggs & Toast Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Deli Sandwich Fruit, Veggies & Milk	<b>BREAKFAST</b> 6 Fruit Frudel Fresh Fruit & Milk  <b>LUNCH</b> Teriyaki Chicken Rice Bowl OR Caesar Salad Fresh Fruit	<b>BREAKFAST</b> 7 Breakfast Burrito Fresh Fruit & Milk  <b>LUNCH</b> Cheeseburger OR Turkey & Cheese Fresh Fruit Veggies & Milk
	<b>BREAKFAST</b> 11 Jumbo Muffin Fresh Fruit & Milk  <b>LUNCH</b> Grilled Cheese Sandwich OR Chef Salad Fresh Fruit	<b>BREAKFAST</b> 12 Poptarts & String Cheese Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Yogurt Box Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 13 Super Donut Fresh Fruit & Milk  <b>LUNCH</b> Chili Cheese Dog OR PBJ Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 14 Breakfast Pizza Fresh Fruit & Milk  <b>LUNCH</b> Bean & Cheese Burrito OR Caesar Salad Fresh Fruit Veggies & Milk
	<b>BREAKFAST</b> 18 Eggs & Biscuit Fresh Fruit & Milk  <b>LUNCH</b> Chefs Choice OR Ham & Cheese Sandwich Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 19 Breakfast Wrap Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Yogurt Box Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 20 Pancakes & Sausage Fresh Fruit & Milk  <b>LUNCH</b> Buffalo Popcorn Chicken & Rice OR Ham & Cheese Sandwich Fresh Fruit & Veggies	<b>BREAKFAST</b> 21 Breakfast Burrito Fresh Fruit & Milk  <b>LUNCH</b> Cheeseburger OR Turkey & Cheese Fresh Fruit Veggies & Milk
<b>BREAKFAST</b> 25 Breakfast Pizza Fresh Fruit & Milk  <b>LUNCH</b> BBQ Rib on a Bun OR Ham & Cheese Sandwich Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 26 Poptarts & String Cheese Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Yogurt Box Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 27 Fruit Frudel Fresh Fruit & Milk  <b>LUNCH</b> Beef Tacos OR Ham & Cheese Sandwich Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 28 Chefs Choice Fresh Fruit & Milk  <b>LUNCH</b> Hot Dog OR Chef Salad Fresh Fruit Veggies & Milk	<b>BREAKFAST</b> 29 Chefs Choice Fresh Fruit & Milk  <b>LUNCH</b> Fresh Baked Pizza OR Mexi Salad Fresh Fruit Veggies & Milk

*Good*  
**FRIDAY**

No School