



Hill Top Academy Lunch Menu  
September 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p>  <p><b>Labor Day</b> <b>Students &amp; Staff Off</b></p>	<p><b>3</b></p> <p>Popcorn Chicken w/Dipping Sauce <b>Choice of Two</b> Seasoned Mixed Vegetables Baby Carrots <b>Choice of One or Two</b> Peaches, Fresh Fruit, 100% Juice WW Dinner Roll Ice Cream/Milk</p>	<p><b>4</b></p> <p>Meatball Sub w/Cheese Pasta Salad <b>Choice of Two</b> Seasoned Zucchini Baby Carrots <b>Choice of One or Two</b> Cherries w/Topping, Fresh Fruit, 100% Juice Milk</p>	<p><b>5</b></p> <p>Chili w/Cheese <b>Choice of Two</b> Baked Potato w/Toppings Seasoned Corn Chick Peas Baby Carrots <b>Choice of One or Two</b> Pears, Fresh Fruit, 100% Juice <b>Corn Bread Muffin</b> Milk</p>	<p><b>6</b></p> <p>Hot Ham &amp; Cheese Pretzel Sandwich <b>Choice of Two</b> Sweet Potato Fries Baby Carrots <b>Choice of One or Two</b> Applesauce, Fresh Fruit, 100% Juice Milk</p>
<p><b>9</b></p>  <p>Mini Cheese Pizza Bagels <b>Choice of Two</b> Seasoned Green Beans Baby Carrots <b>Choice of One or Two</b> Mixed Fruit, Fresh Fruit, 100% Juice Ice Cream Milk</p>	<p><b>10</b></p>  <p>Deluxe Burrito w/Cheese, Salsa &amp; Sour Cream <b>Choice of Two</b> Refried Beans Baby Carrots <b>Choice of One or Two</b> Pears, Fresh Fruit, 100% Juice WG®Cheez-its/Milk</p>	<p><b>11</b></p> <p>Beef Barbecue on Roll <b>Choice of Two</b> Potato Wedges Seasoned Carrots Baby Carrots <b>Choice of One or Two</b> Applesauce, Fresh Fruit, 100% Juice Milk</p>	<p><b>12</b></p> <p>Hot Dog on Roll Macaroni Salad <b>Choice of Two</b> Oven Baked Beans Baby Carrots <b>Choice of One or Two</b> Cherries w/Topping, Fresh Fruit, 100% Juice Milk</p>	<p><b>13</b></p> <p>Cheeseburger Sub <b>Choice of Two</b> Potato Smiles Seasoned Mixed Vegetables Baby Carrots <b>Choice of One or Two</b> Cinnamon Apple Slices, Fresh Fruit, 100% Juice Milk</p>
<p><b>16</b></p>  <p>WG Mini Cheese Calzones w/Dipping Sauce <b>Choice of Two</b> Seasoned Green Peas Baby Carrots <b>Choice of One or Two</b> Mixed Fruit, Fresh Fruit, 100% Juice Ice Cream Milk</p>	<p><b>17</b></p>  <p>Deluxe Chicken Taco w/Cheese, Salsa &amp; Sour Cream <b>Choice of Two</b> Refried Beans Baby Carrots <b>Choice of One or Two</b> Peaches, Fresh Fruit, 100% Juice Soft Pretzel Milk</p>	<p><b>18</b></p>  <p><b>Professional Development</b> <b>Students Off</b></p>	<p><b>19</b></p> <p>Oven Baked Chicken <b>Choice of Two</b> Au Gratin Potatoes Seasoned Succotash Baby Carrots <b>Choice of One or Two</b> Cinnamon Apple Slices, Fresh Fruit, 100% Juice WW Dinner Roll Milk</p>	<p><b>20</b></p> <p>Breaded Fish Sticks w/Tartar Sauce <b>Choice of Two</b> Spicy Curly Fries Seasoned Broccoli Baby Carrots <b>Choice of One or Two</b> Blueberries w/Topping, Fresh Fruit, 100% Juice WW Dinner Roll Milk</p>
<p><b>23</b></p>  <p>Grilled Cheese Sandwich <b>Choice of Two</b> Creamy Tomato Soup w/Crackers Cucumber Slices Baby Carrots <b>Choice of One or Two</b> Peaches, Fresh Fruit, 100% Juice, Ice Cream/Milk</p>	<p><b>24</b></p>  <p>Deluxe Taco w/Cheese, Salsa &amp; Sour Cream <b>Choice of Two</b> Refried Beans Baby Carrots <b>Choice of One or Two</b> Pears, Fresh Fruit, 100% Juice Pretzels Milk</p>	<p><b>25</b></p> <p>Grilled Chicken Sandwich <b>Choice of Two</b> Potato Wedges Seasoned Carrots Baby Carrots <b>Choice of One or Two</b> Mixed Fruit, Fresh Fruit, 100% Juice Milk</p>	<p><b>26</b></p> <p>Salisbury Steak w/Gravy <b>Choice of Two</b> Mashed Potatoes Seasoned Green Beans Baby Carrots <b>Choice of One or Two</b> Applesauce, Fresh Fruit, 100% Juice WW Dinner Roll Milk</p>	<p><b>27</b></p> <p>Deli Turkey &amp; Cheese on Ciabatta Roll <b>Choice of Two</b> Broccoli w/Cheese Sauce Baby Carrots <b>Choice of One or Two</b> Blueberries w/Topping, Fresh Fruit, 100% Juice Milk</p>
<p><b>30</b></p>  <p>Oven Baked Macaroni &amp; Cheese <b>Choice of Two</b> Seasoned Mixed Vegetables Baby Carrots <b>Choice of One or Two</b> Cinnamon Apple Slices, Fresh Fruit, 100% Juice, Ice Cream/Milk</p>			<p><b>Sept. Veggies</b> <b>Potatoes, Yams, Winter Squash, Mushrooms, Kale, Broccoli, Beets, Turnips, Parsnips, and Cauliflower.</b></p>	<p><b>PBJ's are offered daily as an alternate.</b></p> 

Menu Subject to Change

All menus are posted on our website @ [www.caiu.org](http://www.caiu.org)



**Cabbage!**

Cabbage is packed with nutrients.

It may help keep inflammation in check. Cabbage is packed with Vitamin C.

It helps improve digestion. May help keep your heart healthy.

May lower blood pressure. Could help lower cholesterol levels. Excellent source of Vitamin K.

It's very easy to add to your diet.

The bottom line-cabbage is an exceptionally healthy food.



**Student Lunches Are Free At HTA!**

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