

## Urban Academy Charter School

<b>September 24</b>	<b>Hot Lunch</b>	<b>Price: Student \$XX.XX Adult \$XX.XX</b>
---------------------	------------------	---

### Served Daily

Regular Entrée and/or Meatless/Vegetarian Alternate Entrée, Sandwich of the Day  
 Fresh Veggies and/or Lettuce – Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach  
 Low Fat Dressing/Dip  
 Fruit – Apple, Orange, Pear, Banana, Raisins, Craisins, or Applesauce Cup  
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
LABOR DAY	Salisbury Steak Mashed Potatoes & Roll Salad, Fruit, Milk	Marinated Chicken Leg WG Yellow Rice Salad, Veggies, Fruit, Milk	Beef Nachos Bean & Corn Salad Salad, Fruit, Milk	Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Orange Chicken Steamed Rice Salad, Veggies, Fruit, Milk	Swedish Meatballs Mashed Potatoes & Roll Salad, Fruit, Milk	Turkey & Cheese Melt Baked Beans Salad, Fruit, Milk	Teriyaki Chicken WG Steamed Rice Salad, Veggies, Fruit, Milk	Pizza Salad, Veggies, Fruit, Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Italian Meatball Hoagie Potato Wedges Salad, Fruit, Milk	Chicken Curry WG Steamed Rice Salad, Veggies, Fruit, Milk	BBQ Chicken Leg Baked Beans & Roll Salad, Fruit, Milk	Pizza Salad, Veggies, Fruit, Milk	Tandoori Chicken Leg WG Yellow Rice Salad, Veggies, Fruit, Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Salisbury Steak Steamed Corn & Roll Salad, Fruit, Milk	Orange Chicken Steamed Rice Salad, Veggies, Fruit, Milk	Chicken Parmesan Sandwich Sweet Potato Wedges Salad, Veggies, Fruit, Milk	Pizza Salad, Fruit, Milk	Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk
<b>30</b>	<b>Oct 1</b>	<b>Oct 2</b>	<b>Oct 3</b>	<b>Oct 4</b>
Pancakes w/ Sausage Potato Wedges Salad, Fruit, Milk	WG Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk	Turkey & Cheese Melt Steamed Carrots Salad, Veggies, Fruit, Milk	Cheeseburger Bean & Corn Salad Salad, Fruit, Milk	Marinated Chicken Leg Yellow Rice Salad, Fruit, Milk

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

All Done Right Food meals are Pork-Free.  
 This institution is an equal opportunity provider.



Our Commitment “Healthy Food, Healthy Message”  
 We provide wholesome, delicious, real food that helps teach the right message to children.

**ANY QUESTIONS? CONTACT:**  
 School Office or  
 DONE RIGHT FOOD @ 763-789-4493 or  
[www.donerightfood.com](http://www.donerightfood.com)