

Menu Name : Urban Academy Grades K - 8 Lunch Menu
Grade Level / Age Group : K-8 Grades

Options Provided : Hot & Hot Vegetarian Meals
Meal Pattern : NSLP Meal : Lunch

JANUARY - 2025

	Wednesday, January 1, 2025	Thursday, January 2, 2025	Friday, January 3, 2025
Hot Meals	COLOR YOUR TRAY: The Power of Fruits in School Meals From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.	All Beef Hot Dog WG Hot Dog Bun, Ketchup Assorted Salad Bar Banana Vanilla Wafers & Choice Milk	Pizza Hand Pie Assorted Salad Bar Crisp Varietal Apple Choice Milk
	Cheese Hot Pocket w/ Dipping Sauce	Sweet & Sour Chicken Steamed Brown Rice Assorted Salad Bar Fruit Cup Choice Milk	Veggie & Cheese Lasagna
Hot Veg			
Hot Meals	Monday, January 6, 2025 Soft Shell Tortilla Taco WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema Assorted Salad Bar Chilled Peaches Choice Milk	Tuesday, January 7, 2025 Mild Honey Sauced Drumstick Mildly Seasoned Flavorful Chicken Drumstick Assorted Salad Bar Animal Crackers Chilled Fruit Cocktail & Choice Milk	Wednesday, January 8, 2025 Mozzarella Burger Ketchup Assorted Salad Bar Banana Wheat Crackers & Choice Milk
	Bean & Cheese Burrito	Pizza Crunchers	Garden Mozzarella Burger w/Ketchup
Hot Veg			
Hot Meals	Monday, January 13, 2025 Golden Chicken Tenders & Ketchup Assorted Salad Bar Chilled Peaches Choice Milk WG Bakery Roll	Tuesday, January 14, 2025 Classic Beef Sloppy Joe Traditional Sloppy Joe meat served on WG Bun & Shred Cheese served on side Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Wednesday, January 15, 2025 Hmong Sausage Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk
	Fluffy Omelet, Buttermilk Pancakes & Syrup	Cheesy Quesadilla	French Bread
Hot Veg			
Hot Meals	Monday, January 20, 2025 Asian Drumstick Seasoned Rice Chilled Peaches Assorted Salad Bar Choice Milk	Tuesday, January 21, 2025 Chicken Enchilada Crunch Lunch Seasoned Chicken Enchilada with Fritos Corn Chips for a crunchy base Served with Cheese on side Assorted Salad Bar Chilled Fruit Cocktail & Choice Milk	Wednesday, January 22, 2025 The Cheeseburger , that Never Gets Old-Fashioned WG Bun, Cheese Slice & Ketchup Crispy Ranch Crackers Assorted Salad Bar Banana & Choice Milk
	Cheese Mostaccioli	Easy-Cheesy Pull Aparts	Mac & Cheese Bites & Ranch
Hot Veg			
Hot Meals	Monday, January 27, 2025 Golden Chicken Tenders & Ketchup Assorted Salad Bar Chilled Peaches Vanilla Chat-Snax Choice Milk	Tuesday, January 28, 2025 Walking Taco Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema Assorted Salad Bar Chilled Fruit Cocktail Choice Milk	Wednesday, January 29, 2025 Chinese Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk
	Fluffy Omelet, Buttermilk Pancakes & Syrup	Bean & Cheese Pupusa w/ Boom Sauce	Stuffed Rigatoni & Grahams
Hot Veg			
		Thursday, January 30, 2025 Premium Chicken Patty Sandwich WG Bun & Ketchup Assorted Salad Bar Fruit Cup Choice Milk	Friday, January 31, 2025 Cheese Hot Pocket Warm Red Sauce Assorted Salad Bar Crisp Varietal Apple Choice Milk
		French Pizza Bread	Multi Cheese Croissant Sandwich

*** Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.
All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.