

SEPTEMBER BREAKFAST

NOVA ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		RICE KRISPIES ^ Honey Grahams ^ Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Fruit Punch Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	FROSTED FLAKES ^ Maple Breakfast Square ^ Dried Cranberries Fruit Punch Juice Choice of Milk	BANANA MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk	CHICKEN BISCUIT ^ Fresh Banana Grape Juice Honey Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
RICE KRISPIES ^ Strawberry Pancake Square ^ Dried Cranberries Apple Juice Choice of Milk	CHERRY FRUDEL ^ Diced Peaches Fruit Punch Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Apple Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
APPLE CINNAMON CHEERIOS ^ Honey Grahams ^ Craisins Orange-Tangerine Juice Choice of Milk	WAFFLES ^ Mixed Fruit Apple Juice Syrup Choice of Milk	TRIX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Fruit Punch Juice Grape Jelly Choice of Milk	CHERRY BREAKFAST BAR ^ String Cheese Fresh Apple Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
CINNAMON FLAKES ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	CHEESY EGG TATER TOT-CHOS Honey Grahams ^ Orange-Tangerine Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ String Cheese Fresh Apple Choice of Milk	PANCAKES ^ Fresh Banana Apple Juice Syrup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

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SEPTEMBER

LUNCH

NOVA ACADEMY

LHV2 - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
August 30, 2021	August 31, 2021	September 1, 2021	September 2, 2021	September 3, 2021
		WALKING TACO CHEESY TACO MEAT VEGGIE NACHO COMBO Wild White Nacho Doritos [^] Romaine Lettuce French Dressing Mixed Vegetables Fresh Banana Mixed Fruit Vanilla Cookie [^] Salsa Choice of Milk	CORN DOG ON A STICK [^] FRENCH TOAST STICKS WITH SCRAMBLED EGGS [^] Syrup Potato Wedges Fresh Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk	BBQ PULLED PORK Wrapped Hamburger Bun [^] BEAN & CHEESE EMPANADA [^] Baked Beans Corn Applesauce Cup Fruit Punch Juice Pretzel [^] Choice of Milk
September 6, 2021	September 7, 2021	September 8, 2021	September 9, 2021	September 10, 2021
LABOR DAY	CRISPY CHICKEN DRUMSTICK [^] Cornbread [^] Diced Carrots MINI CHEESE RAVIOLI WITH SAUCE [^] Breadstick [^] Mixed Vegetables Diced Peaches Orange-Tangerine Juice Chipotle Ranch Choice of Milk	CHICKEN ALFREDO PASTA [^] Wrapped Sliced Bread [^] VEGETARIAN BURGER Wrapped Hamburger Bun [^] Fresh Chopped Romaine (IW) Ranch Dressing Green Beans Fresh Banana Fruit Punch Juice Mustard Ketchup Choice of Milk	HOT DOG Hot Dog Bun [^] TERIYAKI CHICK'N STRIPS W/FRIED RICE [^] Golden Potato Rounds Fresh Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Cheddar Sun Chips [^] Choice of Milk	CHICKEN NUGGETS [^] MAC & CHEESE [^] Baked Beans Broccoli Diced Peas Fresh Plum Honey Mustard Chocolate Cookie [^] Choice of Milk
September 13, 2021	September 14, 2021	September 15, 2021	September 16, 2021	September 17, 2021
CHEESY PENNE BAKE [^] Breadstick [^] CHEESE PIZZA [^] Country Blend Vegetables Mixed Fruit Fruit Punch Juice Choice of Milk	MEATBALL SUB Hot Dog Bun [^] CHIK'N NUGGETS Cornbread [^] Diced Carrots Potato Wedges Orange-Tangerine Juice Diced Peas BBQ Sauce Ketchup Wild White Nacho Doritos [^] Choice of Milk	BBQ CHICKEN Hamburger Bun [^] CHEESE & GREEN CHILE TAMALE Salsa Cup String Cheese Baked Beans Fresh Baby Carrots Ranch Dressing Pineapple Tidbits Grape Juice Choice of Milk	CRUNCHY CHICKEN TENDERS [^] BEAN & CHEESE BURRITO [^] Golden Potato Rounds Fresh Baby Carrots Ranch Dressing Fresh Apple BBQ Sauce Taco Sauce Vanilla Cookie [^] Choice of Milk	CHEESEBURGER BBQ CHICK'N STRIPS W/CARROTS Hamburger Bun [^] Fresh Chopped Romaine (IW) Ranch Dressing Corn Fresh Banana Diced Peaches Mustard Ketchup Pretzel [^] Choice of Milk
September 20, 2021	September 21, 2021	September 22, 2021	September 23, 2021	September 24, 2021
VEGETARIAN CHILI WITH BEANS Cornbread [^] PIZZA DIPPERS [^] Marinara Dipping Sauce Mixed Vegetables Applesauce Grape Juice Choice of Milk	CRISPY CHICKEN PATTY [^] Hamburger Bun [^] Diced Carrots CHEESE LASAGNA [^] Breadstick [^] Broccoli Diced Peas Fruit Punch Juice Chipotle Ranch Choice of Milk	BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds [^] CHEESE PUPUSA [^] String Cheese Golden Potato Rounds Fresh Baby Carrots Ranch Dressing Fresh Banana Mixed Fruit Hot Sauce Ketchup Chocolate Cookie [^] Choice of Milk	*NEW ITEM* TACO "JOE" Hamburger Bun [^] BEAN & CHEESE EMPANADA [^] Green Beans Baked Beans Fresh Apple Taco Sauce Choice of Milk	PANCAKES & SAUSAGE [^] EGG & CHEESE BAGEL [^] Tropical Veggie Juice Potato Wedges Diced Peaches Fresh Plum Syrup Ketchup Mixed Berry Animal Crackers [^] Choice of Milk
September 27, 2021	September 28, 2021	September 29, 2021	September 30, 2021	October 1, 2021
BEAN & CHEESE BURRITO [^] Fresh Baby Carrots CHEESE PIZZA [^] Salsa Cup Corn Pineapple Tidbits Apple Juice Tortilla Rounds [^] Choice of Milk	MEATLOAF W/TOMATO SAUCE Hamburger Bun [^] 4-CHEESE PANINI [^] Green Beans Potato Wedges Mixed Fruit Grape Juice Mayo Ketchup Choice of Milk	NASHVILLE (HOT) POPCORN CHICKEN [^] Wrapped Sliced Bread [^] COLBY CHEESE OMELET Cornbread [^] Fresh Baby Carrots French Fries Ranch Dressing Orange-Tangerine Juice Diced Peaches BBQ Sauce Ketchup Choice of Milk	CHICKEN & GREEN CHILE TAMALE MAC & CHEESE [^] Baked Beans Mixed Vegetables Fresh Apple Hot Sauce Fritos [^] Choice of Milk	

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