

OCTOBER

Breakfast



NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	BEEF SAUSAGE ON A BISCUIT ^ Applesauce Cup Fruit Punch Juice Assorted Jelly Choice of Milk	BANANA MUFFIN ^ String Cheese Fresh Apple* Choice of Milk	WAFFLES ^ Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk	NO SCHOOL
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Choice of Milk	CHEESE OMELET Wrapped Sliced Bread ^ Assorted Jelly Fruit Punch Juice Diced Pears Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple* Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk	PEACH MINI LOAF ^ String Cheese Fresh Apple* Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Choice of Milk	PANCAKES ^ Orange-Tangerine Juice Diced Peaches Syrup Choice of Milk	Fresh Apple* Choice of Milk String Cheese Chocolate Chip Mini Loaf ^	BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup Taco Sauce Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Fruit Punch Juice Honey Choice of Milk	BLUEBERRY MUFFIN ^ String Cheese Fresh Apple* Choice of Milk	WAFFLES ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Choice of Milk	STRAWBERRY PANCAKES ^ Diced Pears Apple Juice Syrup Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly 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.

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OCTOBER

Lunch



NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	RIB-B-QUE CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ French Fries Mixed Vegetables Diced Peaches Grape Juice BBQ Sauce Ketchup Choice of Milk	MEATLOAF PANINI ^ HOT DOG Wrapped Hot Dog Bun ^ Corn Potato Rounds Diced Pears Apple Juice Chocolate Cookie ^ Mustard Ketchup Choice of Milk	CHEESY TACO MEAT Tortilla Rounds ^ CHICKEN NUGGETS ^ Romaine Lettuce Fresh Red Pepper Slices Fresh Crunchy Celery Sticks Light Ranch Dressing Fresh Apple* Vanilla Cookie ^ Salsa BBQ Sauce Choice of Milk	NO SCHOOL
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
PANCAKES & SAUSAGE ^ CHEESE PIZZA ^ Potato Rounds Sun Splash Veggie Juice Applesauce Cup Grape Juice Ketchup Syrup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Potato Wedges Green Beans Mixed Fruit Cup Apple Juice BBQ Sauce Ketchup Choice of Milk	PEPPERONI PIZZA ^ HOT DOG Wrapped Hot Dog Bun ^ French Fries Romaine Lettuce Light Ranch Dressing Diced Peaches Orange-Tangerine Juice Cheddar Sun Chips ^ Mustard Ketchup Choice of Milk	MINI CORN DOGS ^ CHICKEN NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple* Snickerdoodle Cookie ^ Mustard BBQ Sauce Ketchup Choice of Milk	ITALIAN CHICKEN PARMESAN ^ CHEESEBURGER Pickle Chips Wrapped Hamburger Bun ^ Diced Carrots Fresh Crunchy Celery Sticks Light Ranch Dressing Fresh Banana Orange-Tangerine Juice Mustard Ketchup Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Applesauce Cup Orange-Tangerine Juice Choice of Milk	BAGEL DOG ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Potato Rounds Mixed Vegetables Diced Pears Fruit Punch Juice BBQ Sauce Ketchup Mustard Choice of Milk	CHICKEN TACO Tortilla Rounds ^ HOT DOG Wrapped Hot Dog Bun ^ Fiesta Beans Jalapenos Baby Carrots Light Ranch Dressing Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Mustard Ketchup Choice of Milk	*NATIONAL PASTA DAY* PENNE PASTA W/MEAT SAUCE ^ CHICKEN NUGGETS ^ BBQ Sauce Green Beans Corn Fresh Apple* Multi Grain Sun Chips ^ Choice of Milk	Diced Carrots Diced Peaches Orange-Tangerine Juice Mustard Ketchup Choice of Milk Mayonnaise TERIYAKI CHICKEN PATTY CHEESEBURGER Wrapped Hamburger Bun ^ Romaine Lettuce Light Ranch Dressing
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
DELI SUB SANDWICH ^ Baby Carrots Light Ranch Dressing Mustard CHEESE PIZZA ^ Country Blend Vegetables Mixed Fruit Cup Orange-Tangerine Juice Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Maple Baked Beans Sun Splash Veggie Juice Diced Pears Grape Juice Mustard BBQ Sauce Choice of Milk	CHICKEN QUESO BURRITO ^ HOT DOG Wrapped Hot Dog Bun ^ Potato Rounds Romaine Lettuce Light Ranch Dressing Fresh Banana Fruit Punch Juice Cheddar Sun Chips ^ Salsa Mustard Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Corn Muffin ^ Diced Carrots Corn Fresh Apple* Honey Mustard Cup Choice of Milk	BBQ CHICKEN CHEESEBURGER Wrapped Hamburger Bun ^ French Fries Pickle Chips Diced Peaches Apple Juice Mustard Ketchup Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Green Beans Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^ Choice of Milk	RANCH TURKEY BURGER CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Potato Rounds Mixed Vegetables Applesauce Cup Orange-Tangerine Juice Mustard Ketchup Chipotle Ranch Choice of Milk	MACARONI & CHEESE HOT DOG Wrapped Hot Dog Bun ^ Diced Carrots Fresh Broccoli Florets Light Ranch Dressing Fresh Banana Grape Juice Multi Grain Sun Chips ^ Mustard Ketchup Choice of Milk	SLOPPY JOE Wrapped Hamburger Bun ^ CHICKEN NUGGETS ^ Corn Muffin ^ Fresh Crunchy Celery Sticks Baby Carrots Light Ranch Dressing Maple Baked Beans Fresh Apple* BBQ Sauce Choice of Milk	

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