

SEPTEMBER



NOVA ACADEMY EARLY COLLEGE HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019 LABOR DAY	September 3, 2019 CHEESE OMELET Wrapped Sliced Bread ^ Assorted Jelly Fruit Punch Juice Diced Pears Choice of Milk	September 4, 2019 FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple* Choice of Milk	September 5, 2019 FRENCH TOAST STICKS ^ Fresh Banana Orange-Tangerine Juice Syrup Choice of Milk	September 6, 2019 PEACH MINI LOAF ^ String Cheese Fresh Apple* Choice of Milk
September 9, 2019 GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Choice of Milk	September 10, 2019 PANCAKES ^ Orange-Tangerine Juice Diced Peaches Syrup Choice of Milk	September 11, 2019 String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple* Choice of Milk	September 12, 2019 BREAKFAST BURRITO ^ Fresh Banana Applesauce Cup Taco Sauce Choice of Milk	September 13, 2019 NO SCHOOL
September 16, 2019 TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Choice of Milk	September 17, 2019 CHICKEN BISCUIT ^ Mixed Fruit Cup Fruit Punch Juice Honey Choice of Milk	September 18, 2019 BLUEBERRY MUFFIN ^ String Cheese Fresh Apple* Choice of Milk	September 19, 2019 WAFFLES ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	September 20, 2019 CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Choice of Milk
September 23, 2019 COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Choice of Milk	September 24, 2019 Choice of Milk STRAWBERRY PANCAKES ^ Diced Pears Apple Juice Syrup	September 25, 2019 CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	September 26, 2019 TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Choice of Milk	September 27, 2019 String Cheese Peach Mini Loaf ^ Fresh Apple* Choice of Milk
September 30, 2019 APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Choice of Milk	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019

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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SEPTEMBER

Lunch



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

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019 LABOR DAY	September 3, 2019 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	September 4, 2019 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	September 5, 2019 MINI CORN DOGS ^ CHICKEN NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple* Snickerdoodle Cookie ^ Mustard BBQ Sauce Ketchup Choice of Milk	September 6, 2019 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
September 9, 2019 CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Applesauce Cup Orange-Tangerine Juice Choice of Milk	September 10, 2019 BAGEL DOG ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Green Beans Corn Diced Peas Fruit Punch Juice BBQ Sauce Ketchup Mustard Choice of Milk	September 11, 2019 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	September 12, 2019 MEATBALL SUB Wrapped Hot Dog Bun ^ CHICKEN NUGGETS ^ Potato Rounds Mixed Vegetables Fresh Apple* Multi Grain Sun Chips ^ BBQ Sauce Choice of Milk	September 13, 2019 NO SCHOOL
September 16, 2019 PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Country Blend Vegetables Mixed Fruit Cup Orange-Tangerine Juice Choice of Milk	September 17, 2019 TURKEY HAM & CHEESE PANINI ^ CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Maple Baked Beans Sun Splash Veggie Juice Diced Peas Grape Juice Mustard BBQ Sauce Choice of Milk	September 18, 2019 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	September 19, 2019 FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Corn Muffin ^ Diced Carrots Corn Fresh Apple* Honey Mustard Cup Choice of Milk	September 20, 2019 BBQ CHICKEN CHEESEBURGER Wrapped Hamburger Bun ^ French Fries Pickle Chips Diced Peaches Apple Juice Mustard Ketchup Choice of Milk
September 23, 2019 POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Green Beans Mixed Fruit Cup Fruit Punch Juice Vanilla Cookie ^ Choice of Milk	September 24, 2019 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	September 25, 2019 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	September 26, 2019 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	September 27, 2019 PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER Wrapped Hamburger Bun ^ Pickle Chips Country Blend Vegetables Fresh Pear* Apple Juice Mustard Ketchup Choice of Milk
September 30, 2019 CRUNCHY CHICKEN TENDERS ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Sweet Potato Fries Orange-Tangerine Juice Applesauce Cup BBQ Sauce Ketchup Choice of Milk	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019

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