



# MY FIRST ACADEMY NUTRITION MENU

## November 2020



Week 2 11/09/20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	Rice with Turkey Fresh Cucumber Fresh Strawberry Milk	Chicken Patties Fresh Broccoli Fresh Watermelon Juice	Meatballs Corn Fresh Cantaloupe Juice	Rice with Beans Fresh Tomatoes Fresh Bananas Milk	Turkey & Cheese Sandwich Sun Chips Fresh Apple Juice
<b>A.M. SNACK</b>	Tater Tots with Cheese Water	Scrambled Eggs with Bread Milk	French Toast Milk	Oatmeal Milk	Pancakes Milk
<b>P.M. SNACK</b>	Cheez-It Juice	Oatmeal Cookies Milk	Goldfish Milk	Fresh Mandarin Oranges Water	Cheese Crackers Sandwich Water

