

# MAY 2024

## Andrews Academy

### LUNCH



**Available Daily: Fresh Fruit, Salad, Milk, Sandwiches: Sun butter, Turkey and Cheese, Cheese. Daily Noon Snack**



**May is National Egg Month.** Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Hot Dog/Veggie Dog  
Mac & Cheese  
Sweet Peas  
Snack: Brownies

1

Turkey w/Gravy/  
Vegetarian Turkey  
Mashed Potatoes  
Corn  
Snack: Popcorn

2

Grilled Cheese  
Tomato Soup  
w/crackers  
Pickle Spear  
Snack: Cup Cake

3

Mostaccioli w/Meat  
Sauce or Marinara  
Green Beans  
Garlic Bread  
Snack: Pretzels

6

Chicken Sandwich  
Veg/Chicken Sandwich  
French Fries, Broccoli  
Lett/Tom/Pickle  
Snack: Fig Newton

7

BBQ Burger  
Veggie BBQ Burger  
Baked Beans  
Corn on the cob  
Snack: Fruit Cup

8

Hearty Chicken Noodle  
Soup / Vegetable Soup  
Caesar Salad  
Dinner Roll  
Snack: Cheese Crackers

9

Deli Sandwich / Veggie  
Sandwich, Chips  
Carrot Sticks  
Pickle Spear  
Snack: Fruit Crisp

10

Meat Lasagna/  
Vegetarian Lasagna  
Broccoli  
Garlic Bread  
Snack Trail Mix

13

Fish Sandwich / Veggie  
Nuggets  
Cheesy Mashed  
Pea & Carrot  
Snack: Seasoned Chips

14

Chicken Fried Rice  
Veggie Fried Rice  
Egg Roll/Spring Roll  
Snack: Fresh Cookies

15

Cheese Stuffed Shells  
w/Marinara Sauce  
Mixed Vegetables  
Snack: Cinnamon Bun

16

FIELD DAY  
Cheeseburger/Veggie  
Burger, Chips, Cookie  
Snack: Pound Cake

17

Spaghetti w/Meat  
Sauce Veg/  
Spaghetti Tossed  
Salad Bread stick  
Snack: Chips

20

Soft Taco/Veg Taco  
Corn & Black Beans  
Shredded Lettuce  
Diced Tomatoes  
Snack: Season Tortillas

21

Pepperoni Pizza  
Cheese Pizza Caesar  
Salad  
Snack: Donuts

22

23

24

27

28

29

30

31

# MAY 2024

## Andrews Academy

### BREAKFAST



**Available Daily Fresh Fruit, Milk, Juice, Toast, Choice of Cereal.**  
**Vegetarian Options Offered Daily, Daily Mornina Snack**



**Nutrition Tip:** Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



ge

Pancakes w/Syrup Bacon/ Veg Bacon **6**

Snack: Applesauce

Scrambled Egg /cheese Sausage/Veg Sausage Breakfast Potatoes **7**

Snack: Grapes

Biscuit & Sausage/Veg Sausage, Gravy Fried Egg **1**

Snack: Fruit Cubes

Breakfast Sandwich Veg Breakfast Sandwich Hashbrowns **2**

Snack: Cereal Bar

French Toast w/Syrup Bacon/Veg Bacon **3**

Snack: Yogurt

Pancakes w/Syrup Bacon/ Veg Bacon **13**

Snack: Fruit Salad

Scrambled Egg /cheese Sausage/Veg Sausage Breakfast Potatoes **14**

Snack: Fruit Bar

Biscuit & Sausage/Veg Sausage Gravy. Fried Egg **8**

Snack: Jello & Graham Crackers

Breakfast Sandwich Veg Breakfast Sandwich Hashbrowns **9**

Snack: Fruit Bar

French Toast w/Syrup Bacon/Veg Bacon **10**

Snack: Animal Crackers

Pancakes w/Syrup Bacon/ Veg Bacon **20**

Snack: Apple Slices

Scrambled Egg /cheese Sausage/Veg Sausage Breakfast Potatoes **21**

Snack: Cinnamon Rolls

Biscuit & Sausage/Veg Sausage Gravy. Fried Egg **15**

Snack: Strawberries

Breakfast Sandwich Veg Breakfast Sandwich Hashbrowns **16**

Snack: Granola Bar

French Toast w/Syrup Bacon/Veg Bacon **17**

Snack: Fruit Cup

**27**

**28**

**29**

**30**

**31**