

MAY 2022

Andrews Academy

BREAKFAST



AVAILABLE DAILY
Fresh Fruit, Cereal, & Toast
Milk, Juice, & Water



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.

Reference: USDA MyPlate



MONDAY

Pancakes

2

AM Snack
Strawberry Yogurt

TUESDAY

Buttermilk Biscuit &
Sausage Patty

3

AM Snack
Cheese & Crackers

WEDNESDAY

Scrambled Eggs &
Bacon

4

AM Snack
Bananas

THURSDAY

Belgian Waffle

5

AM Snack
Apples

FRIDAY

French Toast Sticks

6

AM Snack
Grapes

Pancakes

9

AM Snack
Fruit Cup

Buttermilk Biscuit &
Sausage Patty

10

AM Snack
Cutie Oranges

Scrambled Eggs & Bacon

11

AM Snack
Bananas

Belgian Waffle

12

AM Snack
Pretzels & Cheese

French Toast Sticks

13

AM Snack
Grapes

Pancakes

16

AM Snack
Strawberry Yogurt

Buttermilk Biscuit &
Sausage Patty

17

AM Snack
Cheese & Crackers

Scrambled Eggs & Bacon

18

AM Snack
Bananas

Belgian Waffle

19

AM Snack
Apples

French Toast Sticks

20

AM Snack
Grapes

Pancakes

23

AM Snack
Fruit Cup

Buttermilk Biscuit &
Sausage Patty

24

AM Snack
Cutie Oranges

Scrambled Eggs &
Bacon

25

AM Snack
Bananas

26

27

30

31



MAY 2022

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LUNCH

AVAILABLE DAILY

Fresh Fruit, Salad, & Sandwiches
Milk & Water



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

Spaghetti w/ Meat Sauce
Spaghetti w/ Marinara
Bosco Stick
Broccoli
PM Snack- Trail Mix

2

TUESDAY

Chicken Tenders
Veggie Nuggets
Roasted Potatoes
Glazed Carrots
PM Snack- Choc. Chip Cookies

3

WEDNESDAY

Beef Hot Dog
Veggie Dog
French Fries
Green Beans
PM Snack- Blueberry Muffin

4

THURSDAY

Chicken Quesadilla
Cheese Quesadilla
Spanish Rice
Buttered Corn
PM Snack- Oatmeal Cookies

5

FRIDAY

Pepperoni Pizza
Cheese Pizza
Garlic Bread Stick
Tossed Italian Salad
PM Snack- Brownies

6

Beef Ravioli
Cheese Ravioli
Garlic Bread
California Blend Veggies
PM Snack- Rice Krispie Treats

9

Crunch Beef Tacos
Crunchy Tofu Tacos
Tater Tots
Grilled Vegetable Medley
PM Snack- Soft Pretzels

10

Grilled Ham & Cheese
Grilled Cheese
Green Beans
House Made Potato Chips
PM Snack- Choc. Chip Muffin

11

Cheeseburger
Veggie Burger
French Fries
Broccoli
PM Snack- Sugar Cookies

12

Sausage Pizza
Cheese Pizza
Buttered Noodles
Peas & Carrots
PM Snack- Chex Mix

13

Toasted Beef Ravioli
Toasted Cheese Ravioli
Garlic Bread
Buttered Carrots
PM Snack- Trail Mix

16

Chicken Soft Taco
Grilled Veggie Soft Taco
Sonoma Blend Veggies
Cheesy Potatoes
PM Snack- Choc. Chip Cookie

17

Beef Mostaccioli
Cheese Mostaccioli
Bread Stick
Green Beans
PM Snack- Blueberry Muffin

18

Chicken Nuggets
Veggie Nuggets
Tater Tots
Broccoli
PM Snack- Oatmeal Cookies

19

Pepperoni Pizza
Cheese Pizza
Buttered Noodles
Peas & Carrots
PM Snack- Brownies

20

Chicken Patty Sandwich
Veggie Burger
Mac & Cheese
Buttered Carrots
Pm Snack-Rice Krispie Treats

23

Chicken Quesadilla
Cheese Quesadilla
Spanish Rice
Buttered Corn
PM Snack- Churros

24

Beef Hot Dog
Veggie Dog
French Fries
Green Beans
PM Snack- Choc. Chip Muffin

25

26

27

30

31

