


OCTOBER 2024 Breakfast and Lunch Menu for Oakland Academy

<p>MON SEPTEMBER 30</p> <p>BREAKFAST FRUIT JUICE 1/2C STRAWBERRIES 1/2C GRAHAM CR. 1PK GO-GURT4OZ K 8OZ</p> <p>LUNCH SLOPPY JOES 3OZ GREEN BEANS 3/4C FRESH PEAR 1 EA W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>TUES OCTOBER 1</p> <p>BREAKFAST FROSTED FLAKES 2OZ FRE CLEMENTINE 1EA GRAPE JUICE 1/2C MILK 8OZ</p> <p>LUNCH BR. CHIC NUGGETS 6EA CORN 3/4C APPLESAUCE CUP 1/2 W/G DIN ROLL 2OZ MILK 8 OZ</p>	<p>WED OCTOBER 2</p> <p>BREAKFAST COCO PUFFS 2OZ FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH SW. & SOUR MEATBALLS 6EA FRIED RICE 3/4C PINEAPPLE 1/2C WHEAT BREAD 15L MILK 8 OZ</p>	<p>THURS OCTOBER 3</p> <p>BREAKFAST CIN TOAST CRUNCH 2OZ FRESH ORANGE 1EA FRUIT JUICE 1/2C MILK 8 OZ</p> <p>LUNCH BR. CHICKEN PATY 3OZ GREEN BEANS 1/2C BABY CARROTS 1/4C DICED PEARS 1/2C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>FRI OCTOBER 4</p> <p>BREAKFAST APPLE JUICE 1/2 PEACH CUPS 1/2C FRESH APPLE 1EA CIN/RAI. BAGEL 2.5OZ CREAMCHEESE 1OZ MILK 8OZ</p> <p>LUNCH BEEF HAMBURGER 2.5OZ VEG BEANS 3/4C MIXED FRUIT 1/2C W/G HAM BUN 2OZ MILK 8 OZ</p>
<p>MON OCTOBER 7</p> <p>BREAKFAST GRAPE JUICE 1/2C STRAWBERRIES 1/2C FRUIT YOGURT 4OZ GRAHAM CRACKER 1PK MILK 8 OZ</p> <p>LUNCH ORANGE CHICKEN 8OZ FRIED RICE/VEG 3/4C PINEAPPLE 1/2C W/GROLL2OZ MILK 8 OZ</p>	<p>TUES OCTOBER 8</p> <p>BREAKFAST TRIX 2OZ FRESH APPLE SLICES 1/2C BERRY JUICE 1/2C MILK 8 OZ</p> <p>LUNCH TACO MEAT 3 OZ REFRIED BEANS 3/4 C FRESH CLENTINE 1EA SHRED LETTUCE 1/4C SHRED CHEESE 1OZ W/G TORTILLA 2EA MILK 8 OZ</p>	<p>WED OCTOBER 9</p> <p>BREAKFAST ORANGE JUICE 1/2 C W/G STRAW BAGEL 2 OZ FRE. BANANA 1/2 C MILK 8 OZ</p> <p>LUNCH BBQ CHICKEN 3OZ GREEN BEANS 3/4 C MIXED FRUIT 1/2 C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>THURS OCTOBER 10</p> <p>BREAKFAST GRAPE JUICE 1/2 C COCO PUFFS BAR 2OZ FRESH ORANGE 1 EA MILK 8 OZ</p> <p>LUNCH POP. CHICKEN 10EA CORN 3/4 C DICED PEARS 1/2 C W/G DIN ROLL 2 OZ MILK 8 OZ</p>	<p>FRI OCTOBER 11</p> <p>BREAKFAST MINI WHEATS 2OZ FRUIT JUICE 1/2C FRESH APPLE 1EA MILK 8 OZ</p> <p>LUNCH BF TER. DIPPERS 6 EA MIXED VEG. 3/4C FR. BANANA 1EA W/G DIN. ROLL 2OZ MILK 8 OZ</p>
<p>MON OCTOBER 14</p> <p>BREAKFAST FROST FLAKES 2OZ ORANGE JUICE 1/2C FRESH APPLE 1EA MILK 8 OZ</p> <p>LUNCH GR. CHI. PATTY 3OZ CARROTS 3/4C FR. ORANGE 1/2 C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>TUES OCTOBER 15</p> <p>BREAKFAST W/G STR BAGEL 2.5 OZ APPLE JUICE 1/2C FRESH BANANA 1 EA MILK 8 OZ</p> <p>LUNCH ROTINI/MEAT SUACE 8OZ GREEN BEANS 3/4C FR. GRAPES 1/2C BREADSTICK 2OZ MILK 8 OZ</p>	<p>WED OCTOBER 16</p> <p>BREAKFAST BREAKFAST KIT CIN POPTART 1OZ HONEY GRAHAM 1OZ FRESHORANGE 1/2C GRAPE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH CORN DOG 2.5OZ VEG BEANS 3/4C TR. FRUIT 1/2C W/G BREADSTICK 2OZ MILK 8 OZ</p>	<p>THURS OCTOBER 17</p> <p>BREAKFAST LUCKY CHARMS 2OZ STRAWBERRIES 1/2C CRANBERRY JUICE 1/2C MILK 8 OZ</p> <p>LUNCH CHEF SALADS ROMAINE SALAD 1C DICED T. HAM 2OZ DICED TOMATO 1/4C FRESH PEAR 1EA W/G DINNER ROLL 2OZ MILK 8 OZ</p>	<p>FRI OCTOBER 18</p> <p>BREAKFAST OR/PIN JUICE 4 OZ BAN. SUPERBR. 3OZ PINEAPPLE 1/2C MILK 8 OZ</p> <p>LUNCH BR. CH. NUGGETS 6EA BROC. 3/4C MIXED FRUIT 1/2 C MILK 8 OZ</p>
<p>MON OCTOBER 21</p> <p>BREAKFAST SUPER DOUNUT 2.5 OZ STRING CHEESE 1OZ APPLE JUICE 1/2C STRAWBERRY CUPS 1/2C MILK 8 OZ</p> <p>LUNCH BEEF RAVIOLI 8OZ GREEN BEANS 3/4C TROPICAL FRUIT 1/2C W/G DIN. ROLL 2 OZ MILK 8 OZ</p>	<p>TUES OCTOBER 22</p> <p>BREAKFAST CH. BANANA BR. BAR 3 OZ FRESH CLEMENTINE 1/2C GRAPE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH ITA. MEATBALL 6EA GREEN PEAS 3/4C FRESH APPLE 1/2C W/G SUB BUN 2OZ MILK 8 OZ</p>	<p>WED OCTOBER 23</p> <p>BREAKFAST ORANGE JUICE 1/2C FRUIT YOGURT 4OZ GR. CRACKER 2OZ FRESH BANANA 1EA MILK 8 OZ</p> <p>LUNCH PANCAKE WRAP 2.5OZ ROASTED POTATO 3/4C FRESH ORANGES 1EA MILK 8 OZ</p>	<p>THURS OCTOBER 24</p> <p>BREAKFAST BERRY JUICE 1/2C LUCKY CHARMS 2OZ FRESH PEAR 1EA MILK 8 OZ</p> <p>LUNCH HAMBURGER 2OZ VEG BEANS 3/4C FRESH APPLE 1EA W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>FRI OCTOBER 25</p> <p>BREAKFAST STRAW BAGEL 3OZ FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH HOTDOG 2OZ POT. SALAD 1C FRUIT CUP 1/2C W/G HD BUN 2OZ MILK 8OZ</p>
<p>MON OCTOBER 28</p> <p>BREAKFAST HONEY CHERRIOS 2OZ APPLE JUICE 1/2C FRESH ORANGE 1EA MILK 8 OZ</p> <p>LUNCH SLOPPY JOES 3OZ CORN 3/4C APPLESAUCE CUP 1/2C W/G HAM BUN 2OZ MILK 8 OZ</p>	<p>TUES OCTOBER 29</p> <p>BREAKFAST CIN POPTART 2OZ FR. BANANA 1EA BERRY JUICE 1/2C MILK 8OZ</p> <p>LUNCH TACO MEAT 3OZ REFRIED BEAN 1/4C SHRED LETTUCE 1/4C SHRED CHEESE 2OZ FR PEACHES ½ W/G TORTILLA 2 EA/2OZ MILK 8 OZ</p>	<p>WED OCTOBER 30</p> <p>BREAKFAST CIN/ RAISIN BAGEL 3OZ STRAWBERRY CUP 1/2C ORANGE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH BEEF SPAGETHI 8OZ GREEN BEANS 3/4C MIXED FRUIT 1/2 BREADSTICK 2OZ MILK 8 OZ</p>	<p>THURS OCTOBER 31</p> <p>BREAKFAST APPLE/CIN BR. BAR 3O CRANBERRY JUICE 1/2C FR. ORANGE 1EA MILK 8 OZ</p> <p>LUNCH BBQ MEATBALLS 6EA MIXED VEG 3/4C APPLESAUCE CUP 1/2C W/G DIN ROLL 2OZ MILK 8 OZ</p>	<p>FRI NOVEMBER 1</p> <p>BREAKFAST MULTI FR. FLAKES 2OZ FR. BANANA 1EA APPLE JUICE 1/2C MILK 8 OZ</p> <p>LUNCH  HOTDOG 2OZ POT. SALAD 1C FRUIT CUP 1/2C W/G HD BUN 2OZ MILK 8OZ</p>

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Milk is served with Breakfast and Lunch and it will be: 1.) 1% WHITE MILK 1 CUP/8 oz. OR 2.) SKIM MILK 1 CUP/8oz. 3.) SKIM CHOC MILK 1 CUP/8oz. is offered at specific meals at the discretion of the Academy. Fruit Juice is 100%, ½ cup portion/4 oz., and is served for the Breakfast meal everyday unless otherwise stated.