




# NOVEMBER 2024 Breakfast and Lunch Menu for Oakland Academy

<p style="text-align: center;"><b>MON NOV 4</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><b>BREAKFAST</b></td> <td style="width: 50%;"><b>LUNCH</b></td> </tr> <tr> <td>FRUIT JUICE 1/2C STRAWBERRIES 1/2C GRAHAM CR. 1PK GO-GURT 4OZ MILK 8OZ MILK 8OZ</td> <td>SLOPPY JOES 3OZ GREEN BEANS 3/4C FRESH PEAR 1EA W/G HAM BUN 2OZ MILK 8 OZ</td> </tr> </table>	<b>BREAKFAST</b>	<b>LUNCH</b>	FRUIT JUICE 1/2C STRAWBERRIES 1/2C GRAHAM CR. 1PK GO-GURT 4OZ MILK 8OZ MILK 8OZ	SLOPPY JOES 3OZ GREEN BEANS 3/4C FRESH PEAR 1EA W/G HAM BUN 2OZ MILK 8 OZ	<p style="text-align: center;"><b>TUES NOV 5</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><b>BREAKFAST</b></td> <td style="width: 50%;"><b>LUNCH</b></td> </tr> <tr> <td>FROSTED FLAKES 2OZ FRE CLEMENTINE 1EA GRAPE JUICE 1/2C MILK 8OZ</td> <td>BR. CHIC NUGGETS 6EA CORN 3/4C APPLESAUCE CUP1/2 W/G DIN ROLL 2OZ MILK 8 OZ</td> </tr> </table>	<b>BREAKFAST</b>	<b>LUNCH</b>	FROSTED FLAKES 2OZ FRE CLEMENTINE 1EA GRAPE JUICE 1/2C MILK 8OZ	BR. CHIC NUGGETS 6EA CORN 3/4C APPLESAUCE CUP1/2 W/G DIN ROLL 2OZ MILK 8 OZ	<p style="text-align: center;"><b>WED NOV 6</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><b>BREAKFAST</b></td> <td style="width: 50%;"><b>LUNCH</b></td> </tr> <tr> <td>COCO PUFFS 2OZ FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8 OZ</td> <td>SW. &amp; SOUR MEATBALLS 6EA FRIED RICE 3/4C PINEAPPLE 1/2C WHEAT BREAD 1SL MILK 8 OZ</td> </tr> </table>	<b>BREAKFAST</b>	<b>LUNCH</b>	COCO PUFFS 2OZ FRESH BANANA 1EA APPLE JUICE 1/2C MILK 8 OZ	SW. & SOUR MEATBALLS 6EA FRIED RICE 3/4C PINEAPPLE 1/2C WHEAT BREAD 1SL MILK 8 OZ	<p style="text-align: center;"><b>THURS NOV 7</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><b>BREAKFAST</b></td> <td style="width: 50%;"><b>LUNCH</b></td> </tr> <tr> <td>CIN TOAST CRUNCH 2OZ FRESH ORANGE 1EA FRUIT JUICE 1/2C MILK 8 OZ</td> <td>BR. CHICKEN PATY 3OZ GREEN BEANS 1/2C BABY CARROTS 1/4C DICED PEARS 1/2C W/G HAM BUN 2OZ MILK 8 OZ</td> </tr> </table>	<b>BREAKFAST</b>	<b>LUNCH</b>	CIN TOAST CRUNCH 2OZ FRESH ORANGE 1EA FRUIT JUICE 1/2C MILK 8 OZ	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 style="text-align: center;"><b>FRI NOV 8</b></p> <table style="width: 100%;"> <tr> <td style="width: 50%;"><b>BREAKFAST</b></td> <td style="width: 50%;"><b>LUNCH</b></td> </tr> <tr> <td>APPLE JUICE 1/2C FRESH APPLE 1EA CIN/RAI. BAGEL 2.5OZ CREAM CHEESE 1OZ MILK 8OZ</td> <td>BEEF HAMBURGER 2.5OZ VEG BEANS 3/4C MIXED FRUIT 1/2C W/G HAM BUN 2OZ MILK 8 OZ</td> </tr> </table>	<b>BREAKFAST</b>	<b>LUNCH</b>	APPLE JUICE 1/2C FRESH APPLE 1EA CIN/RAI. BAGEL 2.5OZ CREAM CHEESE 1OZ MILK 8OZ	BEEF HAMBURGER 2.5OZ VEG BEANS 3/4C MIXED FRUIT 1/2C W/G HAM BUN 2OZ MILK 8 OZ
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Milk is served with Breakfast and Lunch and it will be: 1.) 1% WHITE MILK 1 CUP/8oz. 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.