

Academy Prep Tampa (K-8 Menu **September:** White 1% and FF Chocolate milk offered every day for lunch)

Week 1				September 1	September 2
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week				Meatballs W/gravy	Cheese Pizza (2oz cheese)
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week				1 oz WGR Roll	2oz WGR crust
FRUITS ½ cup/ day				½ c. Mandarin Oranges	1 whole Banana (½ c.)
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week					1 ½ c. Romaine
Red/Orange - ¾ cup/ week					¼ c. Tomato Sauce
Legumes- ½ cup/ week					
Starchy- ½ cup/ week				¾ c. Mashed Potatoes	
Other- ½ cup/ week				¾ c. Green Beans	
Other Foods					1 tbs Ranch

Milk Choices (available daily)		1 % White	Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 2	September 5	September 6	September 7	September 8	September 9
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Labor Day No School	Sweet & Sour Chicken Bites 2 oz breaded chicken (12)	Mr. Rib Sandwich 2.25 oz pork rib patty send email	Rotini w/ Meat 2 oz ground beef	Cheese Pizza (2oz cheese)
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week		1 oz WGR Breading ½ c. WGR Rice	2 oz WGR Sub Roll	½ c. WGR Ziti Pasta 1 oz WGR roll	2oz WGR crust
FRUITS ½ cup/ day		½ c. Pears	1 whole Banana	½ c. Pineapples	½ c. Mandarin Oranges
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week	Labor Day No School				1 ½ c. Caesar side salad w/ Romaine
Red/Orange - ¾ cup/ week				3/8 c. tomato sauce ¾ c. Carrots	¼ c. Tomato Sauce
Legumes- ½ cup/ week			¾ c. baked beans		
Starchy- ½ cup/ week					
Other- ½ cup/ week		¾ c. Mixed Vgetables			

Other Foods					1 tbs Ranch
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Week 3	September 12	September 13	September 14	September 15	September 16
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Diced Chicken W/Gravy 2 oz Diced Chicken	Beef Nachos 2 oz Ground Beef 0.5 oz cheese	Baked ziti w/ Ground Beef 2 oz ground beef	4 oz Corndogs 2 oz Beef Frank	Cheese Pizza (2oz cheese)
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1oz WGR Roll	1.25 oz WGR Chips	½ c. WGR Ziti Pasta 1 oz WGR Breadsticks	2 oz. WGR Breading	2oz WGR crust
FRUITS ½ cup/ day	½ c. Diced Pears	½ c. Mandarin Oranges	½ c. Pineapples	½ c. Pineapples	½ c. Diced Pears
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week		¾ c. shredded Lettuce			1 ½ c. Salad (Romaine)
Red/Orange - ¾ cup/ week			3/8 c. tomato sauce ¾ c. Carrot		¼ c. Tomato Sauce
Legumes- ½ cup/ week		¾ c. Black Beans		¾ c. Baked Beans	
Starchy- ½ cup/ week	½ c. Yellow Rice				
Other- ½ cup/ week	¾ c. Black-eyed Peas				
Other Foods		1 pkt Taco Sauce		1 pkt ketchup	1 tbs Ranch

Milk Choices (available daily)	1 % White		Fat Free Chocolate		
	Portion	8 fl. oz.	8 fl. oz.		
Week 4	September 19	September 20	September 21	September 22	September 23
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Popcorn Chicken 2 oz chicken (12)	Sweet and Sour Meatballs (5) 2 oz Turkey Meatballs (5)	Pulled BBQ on a Bun 2 oz Diced Chicken	Chicken Alfredo (1 cup) 2.25oz Cooked Chicken	Cheese Pizza (2oz cheese)
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	1 oz WGR breading 1 oz WGR roll	½ c. WGR Rice 1 oz WGR Roll	2 oz WGR Breading	¾ c. WGR Noodles 1 oz WGR Roll	2oz WGR crust
FRUITS ½ cup/ day	½ c. Pineapples	½ c. Diced Pears	½ c. Pineapples	½ c. Peaches	½ c. Pineapples
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week					1 ½ c.Ceasar Side Salad w/ Romaine
Red/Orange - ¾ cup/ week				¾ c. Carrots	¼ c.Tomato Sauce
Legumes- ½ cup/ week			¾ c. Baked Beans		
Starchy- ½ cup/ week	½ c. Mashed Potatoes ½ c. Corn				
Other- ½ cup/ week		¾ c. Mixed Vegetables			
Other Foods					1 tbs Ranch

Week 5	September 26	September 27	September 28	September 29	September 30
MEAT/ MEAT ALTERNATES 1 oz. eq. minimum/ day, 9 oz. eq./ week	Chicken Strip Po'Boy 2 oz chicken	Chicken Nuggets (5) 2 oz meat	Shepherd's Pie 2 oz ground turkey .5oz Cheese	Teriyaki Chicken 2 oz diced chicken	Cheese Pizza (2 oz cheese)
GRAINS 1 oz. eq. minimum/ day, 8 oz. eq. per week	2 oz WGR Sub Roll 0.75 oz WGR Breading	1 oz WGR Breading 1 oz WGR Roll	1 oz. WGR Roll	½ c. WGR Rice 1oz WGR Roll	2oz WGR crust
FRUITS ½ cup/ day	½ c. Mandarin Oranges	½ c. Mandarin Oranges	½ c. Pineapples	½ c. Diced Pears	½ c. Diced Peaches
VEGETABLES- ¾ cup daily					
Dark Green- ½ cup/ week	½ c. shredded Lettuce				1 ½ c. Romaine
Red/Orange - ¾ cup/ week			¾ c. Steamed Carrots		¼ c.Tomato Sauce
Legumes- ½ cup/ week		¾ c. Baked Beans			
Starchy- ½ cup/ week	¾ c. Roasted Potatoes		¾ c. Mashed Potatoes		

Other- ½ cup/ week				¾ c. Mixed Vegetables	
Other Foods					1 tbs Ranch