
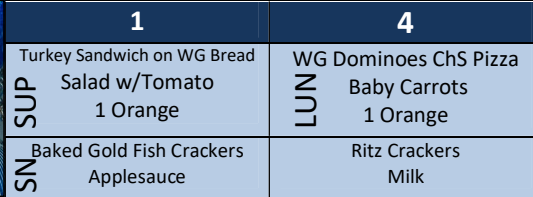




FOCUS LEARNING ACADEMY OF NORTHERN COLUMBUS – DEC 2021 SUPPER/LUNCH & SNACK – AT RISK MENU

(6-12 AND 13-18 Year Olds)

	MONDAY	TUESDAY	WEDNESDAY	SATURDAY
			1	4
			SUP Turkey Sandwich on WG Bread Salad w/Tomato 1 Orange SN Baked Gold Fish Crackers Applesauce	LUN WG Dominoes ChS Pizza Baby Carrots 1 Orange Ritz Crackers Milk
	6	7	8	11
	SUP WG Chicken Nuggets ½ c Sweet Corn 1 Orange SN Graham Crackers Milk	Spag w/Mealballs w/WG Roll ½ c Green Peas 1 Banana Ritz Crackers Milk	WG Chicken Sand w/Bun 1 ½ c Rom Lettuce/Tom ½ c Sliced Apples Animal Crackers 1 oz Cheese Stick	LUN WG Dominoes ChS Pizza ½ c Baby Carrots 1 Banana Graham Cracker Squares Milk
	13	14	15	18
	SUP Spagh & Meatsau w/WG Roll ½ c Sweet Peas 1 Orange SN Graham Cracker Squares Milk	Hotdog on WG/Bun ½ c Mixed Vegetables 1 Apple Ritz Crackers Milk	WG Chicken Tenders w/Roll ½ c Potato Waffles ½ c Fruit Cocktail Cheeseits Milk	LUN WG Dominoes Chs Pizza ½ c Baby Carrots 1 Apple Ritz Crackers Milk

LUNCH/SUPPER MEAL INFORMATION: = (5 items)

- Meat/Meat Alternative = 2 oz M/MA
- 100% Juice, Vegetable or Fruit combination = of either Veggies, fruit and/or juice totaling ¾ cup(2 servings totaling ¾ cup)
- 1 oz of Grain •8 oz of Fluid Milk

SNACK MEAL INFORMATION: = 2 separate items)
 1 oz M/MA • ¼ c Veggies or ¼ c fruit or ¼ c 100% fruit juice • Milk = Whole (Infants 0-1), 1% (Ages 2-5), FF/1% White/FF Flav (6-12)

ADDITIONAL MEAL INFO

- All breakfast cereal is fortified
- No pork or pork by products served
- All grains are whole grains or enriched



NO SCHOOL



MILK SERVED WITH LUNCH/SUPPER MEALS