

ACADEMY OF DOVER
DECEMBER 2022 ~ BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Breakfast:</u> WG Cereal w/ Graham Crackers, 100% Juice, & Fruit <u>Lunch:</u> Seasoned Ground Beef w/ Nachos, Lettuce, Tomatoes, Cheese, Black Beans, Corn & Fruit	2 <u>Breakfast:</u> WG Breakfast Bun, 100% Juice & Fruit <u>Lunch:</u> Pizza, Side Salad w/ Tomatoes, & Fruit Cup
5 <u>Breakfast:</u> WG Cereal w/ Graham Crackers, 100% Juice, & Fruit <u>Lunch:</u> Chicken Alfredo, w/ WG Noodles, Carrots, & Garbanzo Beans & Fruit	6 <u>Breakfast:</u> Double Chocolate Chip Muffin, 100% Juice & Fruit <u>Lunch:</u> WG Fish Sticks, Mac & Cheese, Corn & Fruit	7 <u>Breakfast:</u> WG Waffle Bites, Fruit & 100% Juice <u>Lunch:</u> WG Chicken Tenders, WG Roll, Fries, Broccoli & Fruit	8 <u>Breakfast:</u> WG Cereal w/ Graham Crackers, 100% Juice, & Fruit <u>Lunch:</u> WG Grilled Cheese, Tomato Soup, Corn & Fruit	9 <u>Breakfast:</u> WG Cinnamon Crumb Cake, 100% Juice & Fruit <u>Lunch:</u> Pizza, Side Salad w/ Tomatoes, & Fruit Cup
12 <u>Breakfast:</u> WG Cereal w/ Graham Crackers, 100% Juice, & Fruit <u>Lunch:</u> WG Corn Dog, Fries, Cauliflower, Broccoli & Fruit	13 <u>Breakfast:</u> WG Breakfast Bar, 100% Juice, Fruit <u>Lunch:</u> BBQ Meatballs, w/ WG Roll, Mashed Potatoes, Carrots & Fruit	14 <u>Breakfast:</u> WG Cinnamon Roll, Graham Crackers, 100% Juice & Fruit <u>Lunch:</u> Chicken Nuggets, WG Roll, Green Beans, Fries & Fruit	15 <u>Breakfast:</u> WG Cereal w/ Graham Crackers, 100% Juice, & Fruit <u>Lunch:</u> Seasoned Ground Beef w/ Nachos, Lettuce, Tomatoes, Cheese, Black Beans, Corn & Fruit	16 NOON DISMISSAL <u>Breakfast:</u> WG Cinnamon Roll, Graham Crackers, 100% Juice & Fruit <u>Lunch:</u> Pizza, Side Salad w/ Tomatoes, & Fruit Cup
<u>WINTER BREAK</u> <u>NO SCHOOL</u>	<u>WINTER BREAK</u> <u>NO SCHOOL</u>	<u>WINTER BREAK</u> <u>NO SCHOOL</u>	<u>WINTER BREAK</u> <u>NO SCHOOL</u>	<u>WINTER BREAK</u> <u>NO SCHOOL</u>
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Daily Milk Options: Fat Free Chocolate / Fat Free Strawberry / 1% Milk / Skim

Alternate Lunch: Tuna Sandwich (M/W) / Turkey Sandwich (T/TH) / PB&J