

SOUTHGATE ACADEMY



**SOUTHGATE ACADEMY IS AN
EQUAL OPPORTUNITY PROVIDER**

MENU IS SUBJECT TO CHANGE

LUNCH Menu

July-December 2021

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Spaghetti Green Beans Fruit Whole Wheat Roll	Turkey Tacos Rice Corn Grapes	PBJ Sun Chips Carrot Sticks Green Apple	Beef Tostadas Pinto Beans Watermelon	Pizza Pockets Celery Sticks Red Apple
2	Bean Burrito Corn Fruit Cup	Chicken Tacos Green Beans Orange	PBJ Sun Chips Celery Sticks Green Apple	Salisbury Steak Mashed Potatoes Fruit Cup	Meatball S/W Sun Chips Fruit Cup
3	Mac N Cheese Green Beans Fruit Cup	Beef Tacos Green Beans Apple	PBJ Sun Chips Carrot Sticks Green Apple	Nachos w/diced Chicken Pinto Beans Fruit Cup	Pizza Celery Sticks Red Apple
4	Vegetable Wrap Cheese Stick Green Apple	Carnitas Tacos Rice Green Beans Fruit Cup	PBJ Sun Chips Carrot Sticks Green Apple	Shepard's Pie Fruit Cup Whole Wheat Roll	Chicken Enchiladas Rice Green Beans Fruit Cup
5	Mexicali Taco Boat Corn Grapes	Chicken Tacos Rice Green Beans Fruit Cup	PBJ Sun Chips Celery Sticks Green Apple	Shredded Beef over rice Green Beans Orange	Pizza Celery Sticks Red Apple

OTHER DAILY SELECTIONS:

ENTREES AVAILABLE DAILY
PEANUT BUTTER AND JELLY SANDWICH

DRINKS
BOTTLED WATER
1% MILK
FAT FREE MILK

JULY 2021							August 2021							September 2021							October 2021							November 2021							December 2021													
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
				1	2	3	1	2	3	4	5	6	7				1	2	3	4						1	2																					
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11							
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18							
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25							
25	26	27					29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31								

Week 1 Meal Plan
 Week 2 Meal Plan
 Week 3 Meal Plan
 Week 4 Meal Plan
 Week 5 Meal Plan