

HOPE ACADEMY



Monday

Tuesday

Wednesday

Thursday

Friday



BREAKFAST:
Fruit
Cereal And Milk

LUNCH:
Chicken Patty-
Brown Rice
Steam Carrots
Black Beans
Fruit and Milk

SNACK:
Chocolate Cookie and Juice

05

BREAKFAST:
Fruit
Cinnamon Bread w/ Jelly
Milk

LUNCH:
Special Turkey Taco
Nacho Chips
Corn
Lettuce
Fruit and Milk

SNACK:
Oatmeal Cookie and Juice

06

BREAKFAST:
Fruit
Pancake w/ syrup
Milk

LUNCH:
Beefaroni
Peas and Carrots
Bread Roll
Fruit and Milk

SNACK:
Graham Crackers and Juice

07

BREAKFAST:
Fruit
Raisin Bagel w/ Jelly
Milk

LUNCH:
Hot Dog
Bun
Mixed Vegetables
Fruit
Milk

SNACK:
Lays Chips and Juice

08

BREAKFAST:
Fruit
Bread w/ Butter
Scrambled Egg
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
Goldfish Crackers and Juice

09

BREAKFAST:
Fruit
Cereal
Milk

LUNCH:
Chicken Ropa Vieja
Flour Tortilla
Refried Beans
Mexican Corn
Fruit and Milk

SNACK:
Goldfish Crackers and Juice

12

BREAKFAST:
Fruit
French Toast w/ syrup
Milk

LUNCH:
Cheeseburger w/ ketchup and Mayo
Hamburger Bun
Sliced Carrots
Fruit and Milk

SNACK:
Cheez-it Crackers and Juice

13

BREAKFAST:
Fruit
Waffle w/ syrup
Milk

LUNCH:
Chicken Primavera Pasta
Mixed Vegetables
Fruit and Milk

SNACK:
Graham Crackers and Juice

14

BREAKFAST:
Fruit
Sliced Bread
Scrambled Egg and Milk

LUNCH:
Our Famous Meatballs Marinara
Sun Bun
Corn
Fruit and Milk

SNACK:
Chocolate Cookie and Juice

15

BREAKFAST:
Fruit
Pancake w/ syrup
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
Lays Chips and Juice

16

BREAKFAST:
Fruit
Pancake w/ syrup
Milk

LUNCH:
Meat Balls in Marinara
w/ Spaguetti
Peas and Carrots
Fruit and Milk

SNACK:
Goldfish Crackers and Juice

01

BREAKFAST:
Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH:
Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:
Pretzel and Juice

02



HOPE ACADEMY



Monday

19

BREAKFAST:

Fruit
Cereal
Milk

LUNCH:

Chicken Nuggets w/ ketchup
Brown Rice
Peas and Carrots
Corn
Fruit
Milk

SNACK:

Oatmeal Cookie and Juice

Tuesday

20

BREAKFAST:

Fruit
Raisin Bagel w/ Jelly
Milk

LUNCH:

Special Turkey Taco
Nacho Chips
Refried Beans
Corn
Fruit and Milk

SNACK:

Pretzels and Juice

Wednesday

21

BREAKFAST:

Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH:

Mac & Cheese
Steam Carrots
Fruit
Milk

SNACK:

Lays Chips and Juice

Thursday

22

BREAKFAST:

Fruit
Waffle w/ syrup
Milk

LUNCH:

Chicken Tender w/ ketchup
Brown Rice
Red Beans
Mixed Vegetables
Fruit and Milk

SNACK:

Goldfish Crackers and Juice

Friday

23

BREAKFAST:

Fruit and Juice
Pancake w/ syrup
Milk

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit
Milk

SNACK:

Graham Crackers and Juice

26

BREAKFAST:

Fruit
Cereal
and Milk

LUNCH:

Arroz Con Pollo Criollo w/ Corn
Mixed Vegetables
Bread Roll
Fruit
Milk

SNACK:

Animal Crackers and Apple

27

BREAKFAST:

Fruit
Blueberry Muffin
Milk

LUNCH:

Picadillo
Brown Rice
Steam Carrots
Bread Roll
Fruit and Milk

SNACK:

Cheez-it and Juice

28

BREAKFAST:

Fruit
Pancake w/ syrup
Milk

LUNCH:

Meat Balls in Marinara
w/ Spaguetti
Peas and Carrots
Fruit and Milk

SNACK:

Goldfish Crackers and Juice

29

BREAKFAST:

Fruit
Scrambled Egg
Sliced Bread
Milk

LUNCH:

Pizza
Mixed Green Salad w/ Dressing
Fruit and Milk

SNACK:

Pretzel and Juice

30



HOPE ACADEMY



Lunes

Martes

Miercoles

Jueves

Viernes



DESAYUNO:
Fruta
Cereal y Leche

ALMUERZO:
Hamburguesa de Pollo
Arroz Integral
Zanahorias Cocinadas
Frijoles Negros
Fruta y Leche

SNACK:
Galleta de Chocolate y Jugo

05

DESAYUNO:
Fruta
Pan de Canela con Mermelada
Leche

ALMUERZO:
Taco de Pavo
Nacho Chips
Maiz
Lechuga
Fruta y Leche

SNACK:
Galleta y Jugo

06

DESAYUNO:
Fruta
Pancake con Miel
Leche

LUNCH:
Beefaroni
Zanahorias con Habichuelas
Pan
Fruta y Leche

SNACK:
Galleta y Jugo

07

DESAYUNO:
Fruta
Bagel de Pasas con Mermelada
Leche

ALMUERZO:
Hot Dog
Pan de Hot Dog
Vegetales Mixtos
Fruta
Leche

SNACK:
Chips y Jugo

08

DESAYUNO:
Fruta
Pan con Mantequilla
Huevos Revueltos
Leche

ALMUERZO:
Pizza
Ensalada Mixta Verde con Aderezo
Fruta y Leche

SNACK:
Galleta y Jugo

09

DESAYUNO:
Fruta
Cereal
Leche

ALMUERZO:
Ropa Vieja de Pollo
Tortilla de Maiz
Frijoles Refritos
Maiz Mexicano
Fruta y Leche

SNACK:
Galleta y Jugo

12

DESAYUNO:
Fruta
Tostada Francesa con Miel
Leche

ALMUERZO:
Hamburguesa de Queso con Ketchup y Mayo
Pan de Hamburguesa
Tiras de Zanahorias
Fruta y Leche

SNACK:
Galleta y Jugo

13

DESAYUNO:
Fruta
Waffle con Miel
Leche

ALMUERZO:
Primavera Pasta de Pollo
Vegetales Mixtos
Fruta y Leche

SNACK:
Galleta y Jugo

14

DESAYUNO:
Fruta
Pan Tajado
Huevos Revueltos
Leche

ALMUERZO:
Bolitas de Carne en Marinara
Pan
Maiz
Fruta y Leche

SNACK:
Galleta de Chocolate y Jugo

15

DESAYUNO:
Fruta
Pancake con Miel
Leche

ALMUERZO:
Pizza
Ensalada Verde Mixta con Aderezo
Fruta y Leche

SNACK:
Chips and Jugo

16



HOPE ACADEMY



Lunes

19

DESAYUNO:

Fruta
Cereal
Leche

ALMUERZO:

Nuggets de Pollo con Ketchup
Arroz Integral
Zanahorias con Habichuelas
Maiz
Fruta
Leche

SNACK:

Galleta y Jugo

Martes

20

DESAYUNO:

Fruta
Bagel de Pasas con Mermelada
Milk

ALMUERZO:

Taco de Pavo
Nacho Chips
Frijoles Refritos
Maiz
Fruta y Leche

SNACK:

Pretzels y Jugo

Miercoles

21

DESAYUNO:

Fruta
Huevos Revueltos
Pan
Leche

ALMUERZO:

Macaroni con Queso
Zanahorias Cocinadas
Fruta
Leche

SNACK:

Chips y Jugo

Jueves

22

DESAYUNO:

Fruta
Waffle con Miel
Leche

ALMUERZO:

Tenders de Pollo con Ketchup
Arroz Integral
Frijoles Rojos
Vegetales Mixtos
Fruta y Leche

SNACK:

Galleta y Jugo

Viernes

23

DESAYUNO:

Fruta
Pancake con Miel
Leche

ALMUERZO:

Pizza
Ensalada Mixta Verde con Aderezo
Fruta
Leche

SNACK:

Galleta y Jugo

26

DESAYUNO:

Fruta
Cereal
Leche

ALMUERZO:

Arroz Con Pollo Criollo con Maiz
Vegetales Mixtos
Pan
Fruta
Leche

SNACK:

Galletas y Manzana

27

DESAYUNO:

Fruta
Muffin
Leche

ALMUERZO:

Picadillo
Arroz Integral
Zanahorias Cocinadas
Pan
Fruta y Leche

SNACK:

Galleta y Jugo

28

DESAYUNO:

Fruta
Pancake con Miel
Leche

ALMUERZO:

Bolitas de Carne en Marinara
con Spaguetti
Zanahorias con Habichuelas
Fruta y Leche

SNACK:

Galleta y Jugo

29

DESAYUNO:

Fruta
Huevos Revueltos
Pan
Leche

ALMUERZO:

Pizza
Ensalada Mixta Verde con Aderezo
Fruta y Leche

SNACK:

Pretzel y Jugo

30



HOPE ACADEMY



Lendi

Madi

Mekredi

Jedi

Vandredi



MANJE DEJE: Fwi
Sereyal
ak Lèt

MANJE MANJE: Patty poul-
Diri mawon
Kawòt vapè Pwa Nwa
Fwi ak Lèt

TIPE: Bonbon chokola ak ji

05

MANJE DEJE: Fwi
Pen kannèl ak jele
Lèt

MANJE MANJE: Espesyal Turkey Taco
Nacho Chips
Mayi Leti
Fwi ak Lèt

TIPE: Bonbon farin avwàn ak ji

06

MANJE DEJE: Fwi
Galèt ak siwo
Lèt

MANJE MANJE: Beefaroni
Pwa ak Kawòt
Pen woulo liv
Fwi ak Lèt

TIPE: Graham ti biskwit ak ji

07

MANJE DEJE: Fwi
Bagel rezen ak jele
Lèt

MANJE MANJE: Hot Dog
Pen
Melanje Legim
Fwi
Lèt

TIPE: Lays Chips ak Ji

08

MANJE DEJE: Fwi
Pen ak bè
Jwèt Broupe ze
Lèt

MANJE MANJE: Pitza
Melanje sòs salad vèt ak abiye
Fwi ak Lèt

TIPE: Ti biskwit pwason wouj ak ji

09

MANJE DEJE: Fwi
Sereyal
Lèt

MANJE MANJE: Poul Ropa Vieja
Tortilla farin frans
Pwa Refried
Mayi Meksiken
Fwi ak Lèt

TIPE: Ti biskwit pwason wouj ak ji

12

MANJE DEJE: Fwi
Griye franse ak siwo
Lèt

MANJE MANJE: Cheeseburger ak sòs tomat ak Mayo
Anmbègè pen
Kawòt tranche
Fwi ak Lèt

TIPE: Cheez-it ti biskwit ak ji

13

MANJE DEJE: Fwi
Gofr ak siwo
Lèt

MANJE MANJE: Poul Primavera Pasta
Melanje Legim
Fwi ak Lèt

TIPE: Graham ti biskwit ak ji

14

MANJE DEJE: Fwi
Tranche Pen
Broupe ze
ak lèt

MANJE MANJE: Boulèt pi popilè nou yo Marinara
Solèy pen
Mayi
Fwi ak Lèt

TIPE: Bonbon chokola ak ji

15

MANJE DEJE: Fwi
Galèt ak siwo
Lèt

MANJE MANJE: Pitza
Melanje sòs salad vèt ak abiye
Fwi ak Lèt

TIPE: Lays Chips ak Ji

16



HOPE ACADEMY



Lendi

Madi

Mekredi

Jedi

Vandredi

MANJE DEJE:

Fwi
Sereyal
Lèt

19

MANJE MANJE:

Chicken Nuggets ak sòs tomat
Diri mawon
Pwa ak Kawòt
Mayi
Fwi Lèt

TIPE:

Bonbon farin avwàn ak ji

MANJE DEJE:

Fwi
Bagel rezen ak jele
Lèt

20

MANJE MANJE:

Espesyal Turkey Taco
Nacho Chips
Pwa Refried
Mayi Fwi
ak Lèt

TIPE:

Pretzels ak ji

MANJE DEJE:

Fwi
Jwèt Broupe ze
Tranche Pen
Lèt

21

MANJE MANJE:

Mac & Fwomaj
Kawòt vapè
Fwi
Lèt

TIPE:

Lays Chips ak Ji

MANJE DEJE:

Fwi
Gofr ak siwo
Lèt

22

MANJE MANJE:

Poul Tender ak sòs tomat
Diri mawon
Pwa Wouj
Melanje Legim
Fwi ak Lèt

TIPE:

Ti biskwit pwason wouj ak ji

MANJE DEJE:

Fwi ak ji
Galèt ak siwo
Lèt

23

MANJE MANJE:

Pitza
Melanje sòs salad vèt ak abiye
Fwi Lèt

TIPE:

Graham ti biskwit ak ji

26

MANJE DEJE:

Fwi
Sereyal ak Lèt

27

MANJE MANJE:

Arroz Con Pollo Criollo w/ Corn
Legim melanje
Pen woulo
liv
Fwi Lèt

TIPE:

Ti biskwit bèt ak pòm

MANJE DEJEN:

Fwi
Mitil Ponmkèt
Lèt

28

MANJE MIDI:

Picadillo
Diri Brown
Vapè Kawòt
Pen Woulo
Fwi ak Lèt

TIPE:

Cheez-it ak Ji

MANJE DEJE:

Fwi
Galèt ak siwo
Lèt

29

MANJE MANJE:

Boul vyann nan Marinara
ak espageti
Pwa ak Kawòt
Fwi ak Lèt

TIPE:

Ti biskwit pwason wouj ak ji

MANJE DEJE:

Fwi
Jwèt Broupe ze
Tranche Pen
Lèt

30

MANJE MANJE:

Pitza
Melanje sòs salad vèt ak abiye
Fwi ak Lèt

TIPE:

Pretzel ak ji

