



Universal Academy

FEBRUARY 2020 9-12 LUNCH MENU



All Meats & Poultry are HALAL

GREAT NEWS!!!
 All of our students have been approved to receive Breakfast and Lunch meals at No Cost to Them . FREE !!!

Feb 3- WIDA Testing (K-12th) EL Students Only

Feb. 12: Count Day

Feb. 14: No School for (Pre-K Students only)

Feb 17 No School: President's Day



LUNCH PRICES
FREE FOR ALL STUDENTS
 Additional Lunch Meal may be purchased as Ala-Cart Item

Lunch Served Monday-Thursday

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

How was your lunch Today???

Drop us a note let us know !!!

Suggestions are Welcome !!!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tuna Or Turkey Sandwich French Fries Or Salad K-2nd Cheese Calzone Marinara Sauce Fruit/Juice Ranch /BBQ /Ketchup/Marinara	4 Spaghetti W meat/Mozz chz Garlic Toast Mixed Salad K-2nd Quesadilla Cheese Marinara Sauce Fruit/Juice Ranch /BBQ /Ketchup/Marinara	5 Ozzy Rice & Meat Garlic Bread /Sahaweq Veggie Chilli Or Mixed Steamed Veggies K-2nd Mac and Cheese Veggie Chilli or Salad Fruit/Juice	6 Chicken Tenders Mixed Salad Or French Fries K-2nd Pizza Lentil Soup Fruit/Juice Ranch /BBQ /Ketchup/Marinara	7 Half Day No Lunch Breakfast only
10 Falafel Garden Salad Pita Bread OR Hot Dog French Fries Fruit/Juice Ranch /BBQ /Ketchup/Marinara	11 Fish Burger Cheese Breadsticks French Fries Or Salad K-2nd Chicken Nuggets Fruit/Juice Ranch /BBQ /Ketchup/Marinara	12 *****Count Day***** Pizza Or Chicken Tendaers Mixed Salad Hot Chips Carrots Or Salad Sorbet /Juice Cookie Ranch /BBQ /Ketchup/Marinara	13 Cheese Lasagna OR Spaghetti /Mozz chz Garlic Bread Veggie Cup Or Salad Fruit/Juice Ranch /BBQ /Ketchup/Marinara	14 Half Day No Lunch Breakfast only
17 NO SCHOOL <i>President's Day</i>	18 Tuna Croissant OR Fish Sandwich Potato wedges Or Cheese Bread Sticks Veggie Cup Or Salad Fruit/Juice Tartar/Ketchup/Marinara	19 Chicken Sandwich French Fries Or Pizza Salad K-2nd Grades Chicken Nuggets Fruit/Juice Ketchup/Ranch/BBQ sauce 	20 Pizza and Potato wedges OR Quesadilla Cheese Tomato Soup Veggie Cup Or Salad Veggie Chilli Ranch /BBQ /Ketchup/Marinara	21 Half Day No Lunch Breakfast only
24 Cheese Hamburger OR Pizza French Fries Or Salad Or Lentil Soup Fruit/Juice Ranch /BBQ /Ketchup/Marinara	25 Spaghetti W meat/Mozz chz Garlic Bread OR Cheese Breadsticks Salad Marinara Sauce Fruit/Juice Ranch /BBQ /Ketchup/Marinara	26 Chicken Fajita Fiesta Rice OR Turkey Sandwich Hot Chips Fruit/Juice Vegetables Or Veggie Chilli Ranch /BBQ /Ketchup/Marinara	27 Yamani Rice with Meat Veggie Stew Veggie Sahaweq OR Pizza Veggie Chilli Fruit/Juice Mayo/Ranch/Italian	<i>March 1st</i> Half Day No Lunch Breakfast only

MAKE A HEALTHY MEAL CHOICE, YOU GET TO CHOOSE 3 COMPONENTS OUT OF THE 5 OFFERED.
 ONE OF THE 3 COMPONENTS SHOULD BE (FRUIT OR VEGETABLE)
 WE REOMMAND TAKING ALL 5 COMPONENTS OFFERED FOR A HEALTHIER MEAL OPTION

Different colored fruits and veggies contain different vitamins & minerals. You should have 2 servings of low glycemic fruits per day. Examples of low glycemic fruits include: berries, apple, orange, pear, peach, nectarine, plum and cherries.

