

# Watson Institute/Friendship Academy

## Lunch Menu 2023-24 AUG-SEPT



Monday	Tuesday	Wednesday	Thursday	Friday
		8/23/23 Pierogies On a WG Roll or Chicken Chunks Animal Crackers  <b>Featured Veggies:</b> Sweet Potato Fries Green Beans Fruit Cocktail/Grapes Choice of Milk	8/24/23 Corn Dog or Pasta w/Meatsauce Bread Stick  <b>Featured Veggies:</b> Side Salad Tater Tots Diced Pears/Orange Choice of Milk	8/25/23 Stuffed Crust Oizza or Popcorn Chicken WG Dinner Roll  <b>Featured Veggies:</b> Peas Steamed Broccoli Peaches Choice of Milk
8/28/23 BBQ Rib On a WG Bun or Turkey Hot Dog On a WG bBun  <b>Featured Veggies:</b> Tator Tots Red Pepper Strips Mixed Fruit/Watermelon Choice of Milk	8/29/23 Chicken Quesadilla or Chicken Patty On a WG Bun  <b>Featured Veggies:</b> Roasted Zucchini Baked Beans Apple Choice of Milk	8/30/23 BBQ Chicken with WG Dinner Roll or Turkey And Cheese On a WG Bun  <b>Featured Veggies:</b> Ranchero Carrots Tossed Salad Mixed Fruit/Banana Choice of Milk	8/31/23 Texas Toasted Cheese Sandwich or Chicken Fries with WG Dinner Roll  <b>Featured Veggies:</b> Tomato Soup Celery Sticks Pears/Apple Choice of Milk	9/1/23 Hamburger on a Bun or Fish Sticks with WG Dinner Roll  <b>Featured Veggies:</b> Peas Tossed Salad Fruit Cocktail/Orange Choice of Milk
9/4/23  <b>NO SCHOOL LABOR DAY</b>	9/5/23 Bacon Cheese Burger on a Bun or Hot Dog On a WG Bun  <b>Featured Veggies:</b> Peas French Fries Pineapple/Banana Choice of Milk	9/6/23 Chicken Patty on a Bun or Ham and Cheese Wrap  <b>Featured Veggies:</b> Tomato Soup Mix Vegetables Pears/Apple/Pudding Choice of Milk	9/7/23 Corn Dog or Lasagna Roll up Bread Stick  <b>Featured Veggies:</b> Side Salad Sliced Peppers Diced Pears/Orange/Crackers Choice of Milk	9/8/23 French Bread Pizza or General Tso Chicken Rice  <b>Featured Veggies:</b> Corn Chick Pea Bean Salad Sorbet Choice of Milk
9/11/23 Cheese Ravioli Breadstick or Ham Sandwich On a WG bBun  <b>Featured Veggies:</b> Baby Carrot Fresh French Fries Applesauce/Orange Choice of Milk	9/12/23 Crispy Chicken Salad or Beef and Mac  <b>Featured Veggies:</b> Black Beans Corn Banana/Pineapple Choice of Milk	9/13/23  1/2 Day for Students  Hoagie Apple Slices  Baby Carrots Yogurt Milk	9/14/23 Sloppy Joe on a Bun or Chicken and Gravy Biscuit  <b>Featured Veggies:</b> Green Beans Squash Pears/Grapes Choice of Milk	9/15/23 Cheese Steak on a Hoagie Roll or Stuffed Crust Pizza  <b>Featured Veggies:</b> Side Salad French Fries Orange/ Canned Fruit Choice of Milk
9/18/23 Chicken Teriaki Fried Rice or BBQHam on a Bun  <b>Featured Veggies:</b> Fresh Baby Carrots French Fries Applesauce/Orange Choice of Milk	9/19/23 Chicken Patty on a Bun or Taco Hard Shell  <b>Featured Veggies:</b> Black Beans Corn Pineapple/Banana Choice of Milk	9/20/23 Pierogies On a WG Roll or Chicken Chunks Animal Crackers  <b>Featured Veggies:</b> Sweet Potato Fries Green Beans Fruit Cocktail/Grapes Choice of Milk	9/21/23 Corn Dog or Pasta w/Meatsauce Bread Stick  <b>Featured Veggies:</b> Side Salad Tater Tots Diced Pears/Orange Choice of Milk	9/22/23 Stuffed Crust Oizza or Popcorn Chicken WG Dinner Roll  <b>Featured Veggies:</b> Peas Steamed Broccoli Peaches Choice of Milk
9/25/23 BBQ Rib On a WG Bun or Turkey Hot Dog On a WG bBun  <b>Featured Veggies:</b> Tator Tots Red Pepper Strips Mixed Fruit/Watermelon Choice of Milk	9/26/23 Chicken Quesadilla or Chicken Patty On a WG Bun  <b>Featured Veggies:</b> Roasted Zucchini Baked Beans Apple Choice of Milk	9/27/23  1/2 Day for Students  Pizza Apple Slices  Baby Carrots Yogurt Milk	9/28/23 Texas Toasted Cheese Sandwich or Chicken Fries with WG Dinner Roll  <b>Featured Veggies:</b> Tomato Soup Celery Sticks Pears/Apple Choice of Milk	9/29/23 Hamburger on a Bun or Fish Sticks with WG Dinner Roll  <b>Featured Veggies:</b> Peas Tossed Salad Fruit Cocktail/Orange Choice of Milk



**Weekly Vegetable Subgroups May Include:**  
 Dark Green - spinach, broccoli, romaine and spring salad  
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
 Legumes - beans and peas  
 Starchy - potatoes, corn, peas and lima beans  
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections May Include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Menu Subject to Change Without Notice

USDA is an equal opportunity provider and employer.



# Watson Institute/Friendship Academy

## Breakfast Menu 2023-24 Aug-Sept

Monday	Tuesday	Wednesday	Thursday	Friday
		8/23/23	8/24/23	8/25/23
		Sausage Egg & Cheese on a Biscuit or Assorted Cereals with Toast	Bagel with Spreads or Assorted Cereals with Toast	Waffles with Bacon or Assorted Cereals with Toast
		Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23
Sausage Pizza or Assorted Cereals with Toast	Pancakes with Bacon or Assorted Cereals with Toast	French Toast Sticks or Assorted Cereals with Toast	Sausage Pancake Stick or Assorted Cereals with Toast	Bacon and Cheese Croissant or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23
<b>NO SCHOOL LABOR DAY</b>	English Muffins with Spreads or Assorted Cereals with Toast	Sausage Egg & Cheese on a Biscuit or Assorted Cereals with Toast	Bagel with Spreads or Assorted Cereals with Toast	Waffles with Bacon or Assorted Cereals with Toast
	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23
Sausage Pizza or Assorted Cereals with Toast	Pancakes with Bacon or Assorted Cereals with Toast	French Toast Sticks or Assorted Cereals with Toast	Sausage Pancake Stick or Assorted Cereals with Toast	Bacon and Cheese Croissant or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23
Breakfast Burrito or Assorted Cereals with Toast	English Muffins with Spreads or Assorted Cereals with Toast	Sausage Egg & Cheese on a Biscuit or Assorted Cereals with Toast	Bagel with Spreads or Assorted Cereals with Toast	Waffles with Bacon or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23
Sausage Pizza or Assorted Cereals with Toast	Pancakes with Bacon or Assorted Cereals with Toast	French Toast Sticks or Assorted Cereals with Toast	Sausage Pancake Stick or Assorted Cereals with Toast	Bacon and Cheese Croissant or Assorted Cereals with Toast
Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk	Assorted 100% Fruit Juice & Assorted Fresh Fruit or Assorted Canned Fruit Choice of Milk

**What is a Meal?**  
 You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: Grain or grain/protein  
 Choice of fruit or vegetable  
 (must take at least a 1/2 cup)  
 and  
 Choice of Milk  
 Choice of Milk - 1% white, fat-free  
 white, chocolate, vanilla and  
 strawberry

You must take at least 1/2 cup of  
 fruit or vegetable

**Fruit May Include:**  
 Canned peaches, applesauce,  
 pears, pineapple, fruit cocktail,  
 mandarin oranges, 100% juice  
 (apple, orange), fresh fruit  
 selection including apples,  
 bananas and oranges

**Whole Grain Cereal  
 Selection May Include:**  
 Cinnamon Toast Crunch  
 Trix  
 Cocoa Puffs  
 Fruity Cheerios  
 Rice Crunch  
 Kix  
 Cheerios  
 Fruit Loops  
 Frosted Flakes

Served with Toast

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 Notice

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