

Watson Institute/Friendship Academy Lunch Menu 2023-24 AUG-SEPT



Monday	Tuesday	Wednesday	Thursday	Friday	_
		8/23/23	8/24/23	8/25/23	
		Pierogies On a WG Roll	Corn Dog	Stuffed Crust Oizza	1
		or or	or	or	1
		Chicken Chunks	Pasta w/Meatsauce	Popcorn Chicken	
		Animal Crackers	Bread Stick	WG Dinner Roll	
		Featured Veggies:	Featured Veggies:	Featured Veggies:	
		Sweet Potato Fries Green Beans	Side Salad	Peas	
		Friut Cocktail/Grapes	Tater Tots Diced Pears/Orange	Steamed Broccoli Peaches	
		Choice of Milk	Choice of Milk	Choice of Milk	
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8/28/23	8/29/23	8/30/23	8/31/23	9/1/23	
BBQ Rib	Chicken Quesidillia	BBQ Chicken	Texas Toasted	Hamburger	-
On a WG Bun	or	with WG Dinner Roll	Cheese Sandwich	on a Bun	1
Turkey Hot Dog	Chicken Patty	Turkey And Cheese	or Chicken Fries	or Fish Sticks	Sub
On a WG bBun	On a WG Bun	On a WG Bun	with WG Dinner Roll	with WG Dinner Roll	Dar
Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	- 1
Tator Tots	Roasted Zucchini	Ranchero Carrots	Tomato Soup	Peas	Red/O
Red Pepper Strips	Baked Beans	Tossed Salad	Celery Sticks	Tossed Salad	te
lixed Fruit/Watermelon	Apple	Mixed Fruit/Banana	Pears/Apple	Fruit Cocktail/Orange	Staro
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Starc
					Oth
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23	peppe
	Bacon Cheese Burger on a Bun	Chicken Patty	Corn Dog	French Bread Pizza	
	on a Bun or	on a Bun	or	or	
NO SCHOOL	Hot Dog	Ham and Cheese Wrap	Lasagna Roll up	General Tso Chicken	
LABOR DAY	On a WG Bun		Bread Stick	Rice	D
	Featured Veggies:	Featured Veggies:	Featured Veggles:	Featured Veggies:	
	Peas	Tomato Soup	Side Salad	Corn	orang
	French Fries	Miss Manatables	1	01115 5 5	pears,
	1 101101111100	Mix Vegetables	Sliced Peppers	Chick Pea Bean Salad	
	Pineapple/Banana	Pears/Apple/Pudding	Sliced Peppers Diced Pears/Orange/Crackers	Chick Pea Bean Salad Sorbet	strawb
					strawb
0/11/22	Pineapple/Banana Choice of Milk	Pears/Apple/Pudding Choice of Milk	Diced Pears/Orange/Crackers Choice of Milk	Sorbet Choice of Milk	strawb
9/11/23 Cheese Ravioli	Pineapple/Banana Choice of Milk	Pears/Apple/Pudding	Diced Pears/Orange/Crackers Choice of Milk 9/14/23	Sorbet Choice of Milk 9/15/23	strawb
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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	Bagel	Waffles	
		on a Biscuit	with Spreads	with Bacon or	You m 4 con
		Assorted Cereals	Assorted Cereals	Assorted Cereals	S
		with Toast	with Toast	with Toast	Chala
		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Choice Cho
		& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	(mus
		Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	(
		Choice of Milk	Choice of Milk	Choice of Milk	
8/28/23	8/29/23	8/30/23	8/31/23	9/1/23	Choice
Sausage Pizza	Pancakes	French Toast Sticks	Sausage Pancake Stick	Bacon and Cheese	white
or	with Bacon or	97		Croissant	
Assorted Cereals	Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	You mi
with Toast	with Toast	with Toast	with Toast	with Toast	
Assorted 100% Fruit Juice		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Fr
	CHOICE OF ISSUIC	OTIGICE OF WIIIK	CHOICE OF WILK	Choice of Milk	Canne
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23	pears,
	English Muffins	Sausage Egg & Cheese	Bagel	Waffles	mand
	with Spreads	on a Biscuit	with Spreads	with Bacon	(ap sele
	or	or	or	or	be
NO SCHOOL	Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals	-
LABOR DAY	with Toast	with Toast	with Toast	with Toast	
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	
	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Who
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Selec
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23	Cinn
Sausage Pizza	Pancakes	French Toast Sticks	Sausage Pancake Stick	Bacon and Cheese	
or	with Bacon or			Croissant	
Assorted Cereals	Assorted Cereals	or Assorted Cereals	or Assorted Cereals	or Assorted Cereals	
with Toast	with Toast	with Toast	with Toast	with Toast	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	& Assorted Fresh Fruit or	
Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	Assorted Canned Fruit	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	S
9/18/23	9/19/23	9/20/23	9/21/23	0/22/23	
Breakfast Burrito	English Muffins	Sausage Egg & Cheese	Bagel	Waffles	Menu SUI
	with Spreads	on a Biscuit	with Spreads	with Bacon	
or	or	or	or	or	USDA is
Asserted Consula				Assorted Cereals	
Assorted Cereals	Assorted Cereals	Assorted Cereals	Assorted Cereals		Prov
with Toast	Assorted Cereals with Toast	Assorted Cereals with Toast			Prov
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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 fuit 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

Cocoa Puffs
Fruity Cheerios
Rice Crunch
Kix
Cheerios
Fruit Loops
Frosted Flakes

Served with Toast

Menu SUbject to CHange Without Notice

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