

# Independent Study Academy

## August - October 2018



### Lunch

All entrees are whole grain

	Tuesday	Thursday
Week 1	<b>Western Burger</b> Beef Steak Burger with BBQ Sauce and an Onion Ring	<b>Teriyaki Drumstick</b> with Fried Rice
Week 2	<b>Flame Broiled Cheeseburger</b>	<b>Mandarin Orange Chicken</b> with Chow Mein

**Week 1 Dates:**  
 August 20  
 September 3 & 17  
 October 1, 15 & 29

**Week 2 Dates:**  
 August 27  
 September 10 & 24  
 October 8 & 22

### STUDENT MEAL PRICES

Lunch	-	\$ 3.00
Extra Milk	-	\$ .50

### Lunch Side Items

**VEGETABLES** – Choose up to 2

Tuesday: Tossed Green Salad with Dressing  
 Corn & Black Bean Salsa

Thursday: Tossed Green Salad with Dressing  
 Fresh Baby Carrots

**FRUIT** – Choose up to 2

Tuesday: 100% Fruit Juice    Fresh Fruit

Thursday: 100% Fruit Juice    Fruit Cup

**MILK** – Choose 1

1% Low Fat White Milk    OR    Non Fat Chocolate Milk

Menu is subject to change.  
 Notice will be given if possible.

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