

# Independent Study Academy



## Student Lunch Menu

All entrees are whole grain

January - February 2019

	Tuesday	Thursday
Week 1	<b>Western Cheeseburger</b> Beef Steak Burger with BBQ Sauce and an Onion Ring	<b>Teriyaki Drumstick</b> with Fried Rice
Week 2	<b>Big Daddy's Pepperoni Pizza</b> Pepperoni is a Beef/Turkey Blend – No Pork –	<b>Broccoli Beef</b> with Rice

**Week 1 Dates:**  
 January 7  
 January 21  
 February 4  
 February 18

**Week 2 Dates:**  
 January 14  
 January 28  
 February 11  
 February 25

**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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.