

# Independent Study Academy

## Student Lunch Menu

All entrees are whole grain



August - October 2019

	Tuesday	Thursday
Week 1	Chicken Enchiladas	Hot & Spicy Chicken Burger
Week 2	Western Cheeseburger Beef Steak Burger with BBQ Sauce and Bacon	Nashville Chicken Hot Bites

**Week 1 Dates:**  
Aug. 19  
Sept. 2, 16 & 30  
Oct. 14 & 28

**Week 2 Dates:**  
Aug. 26  
Sept. 9 & 23  
Oct. 7 & 21

**STUDENT MEAL PRICES**

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

**Lunch Side Items**

**VEGETABLES** – Choose up to 2

Tuesday: Tossed Green Salad with Dressing  
Fresh Veggie Cup

Thursday: Tossed Green Salad with Dressing  
Fresh Veggie Cup

**FRUIT** – Choose up to 2

Tuesday: 100% Fruit Juice Fresh Fruit  
Thursday: 100% Fruit Juice Raisins

**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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