

# Ubah Medical Academy

**NOVEMBER**

**HOT LUNCH**

**PRICE: STUDENT - No Charge**

**SERVED DAILY**

"Regular Entrée and/or Meatless/Vegetarian Alternate Entrée"  
 Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach  
 Low Fat Dressing/Dip  
 Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup  
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Chicken Shawarma	Chicken Tenders	Cheesy Breadsticks	
	Yellow Rice	Steamed Corn & Roll	Marinara Sauce	<b>No School</b>
	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Chicken Patty Sandwich	Beef Lasagna	Tandoori Chicken Leg	Chicken Nuggets	Cheese Pizza
Potato Wedges	Garlic Breadstick	Yellow Rice	Mac & Cheese w/ Roll	
Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Chicken Strips	Cheesy Breadsticks	Marinated Chicken Leg	Chicken & Cheese Quesadilla	Cheese Pizza
Steamed Corn & Roll	Marinara Sauce	Yellow Rice	Pinto Beans	
Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Chicken Patty Sandwich	Chicken Lasagna	Cheesy Breadsticks		
Baked Chips	Garlic Breadstick	Marinara Sauce	<b>No School</b>	<b>No School</b>
Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk		
<b>28</b>	<b>29</b>	<b>30</b>		
Chicken Tenders	Chicken & Cheese Quesadilla	Pasta w/ Meatsauce		
Steamed Corn & Roll	Pinto Beans	Soft Breadstick		
Salad, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk		

**MENUS SUBJECT TO INFREQUENT CHANGE  
 BASED ON AVAILABILITY OF ITEMS**

All meals are peanut and tree nut free, and are Halal (Zabiha).

*This institution is an equal opportunity provider.*



**Our Commitment**  
 "Healthy Food, Healthy Message"  
 We provide wholesome, delicious, real food  
 that helps teach the right message to children.

**ANY QUESTIONS? CONTACT:**  
 School Office or  
 DONE RIGHT FOOD @ 763-789-4493 or  
 www.donerightfood.com

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**NOVEMBER**

**BREAKFAST**

**PRICE: STUDENT - No Charge**

**SERVED DAILY**

Fresh Fruit - Apple, Banana, Pear, Orange, Craisins, Raisins, Applesauce, Fruit Cup  
 Fruit Juice - Apple, Grape, Berry, Strawberry Kiwi, Orange  
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Assorted Muffins w/ String Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	Bagel w/ Cream Cheese/Jelly Or Bagel/Cereal w/ String Cheese Fruit and/or Juice, Milk	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	<b>No School</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk	Assorted Muffins w/ String Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	French Toast Sticks w/ Syrup Or Bagel/Cereal w/ String Cheese Fruit and/or Juice, Milk	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk	Assorted Muffins w/ String Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	Bagel w/ Cream Cheese/Jelly Or Bagel/Cereal w/ String Cheese Fruit and/or Juice, Milk	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk	Assorted Muffins w/ String Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	French Toast Sticks w/ Syrup Or Bagel/Cereal w/ String Cheese Fruit and/or Juice, Milk	<b>No School</b>	<b>No School</b>
<b>28</b>	<b>29</b>	<b>30</b>		
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice, Milk	Assorted Muffins w/ String Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice, Milk	Bagel w/ Cream Cheese/Jelly Or Bagel/Cereal w/ String Cheese Fruit and/or Juice, Milk		

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 BASED ON AVAILABILITY OF ITEMS**

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**Done Right Food**  
 School & Event Catering Services



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