

Ubah Medical Academy

August/September 2019

HOT LUNCH

Prices: Student - No Charge, Adults - \$3.75

SERVED DAILY

Regular Entrée
 Fresh Green Salad - Garden, Caesar, Spinach Mix, Oriental, OR Mediterranean
 Low Fat Dressing/Dip
 Fresh Veggies - Carrots, Broccoli, Cucumber, OR Celery
 Fresh Fruit - Apple, Orange, OR Banana
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
August 26	August 27	August 28	August 29	August 30
Chicken Patty Sandwich Potato Wedges Salad, Fruit, Milk	Spaghetti w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Seasoned Chicken Leg Yellow Rice Salad, Veggies Fruit, Milk	Beef & Cheese Nachos Baked Beans Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
2	3	4	5	6
Labor Day	Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk	Beef Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk	Chicken Shawarma Steamed Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
9	10	11	12	13
Beef Patty on Bun Potato Wedges Salad, Fruit, Milk	Chicken & Cheese Nachos Baked Beans Salad, Fruit, Milk	Beef Gyro w/ Cucumber Sauce & Pita Salad, Veggies, Fruit, Milk	Chicken Tandoori Yellow Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
16	17	18	19	20
Chicken Patty Sandwich Potato Wedges Salad, Fruit, Milk	Spaghetti w/ Meatballs Garlic Breadstick Salad, Veggies, Fruit, Milk	Chicken Shawarma w/ Steamed Rice Salad, Veggies, Fruit, Milk	BBQ Beef on Bun Baked Beans Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
23	24	25	26	27
Beef Gyro w/ Hummus & Pita Salad, Fruit, Milk	Seasoned Chicken Leg Steamed Corn & Roll Salad, Fruit, Milk	Meatball Hoagie Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
30	 <p>Done Right Food School & Event Catering Services</p>			
Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk				

BREAKFAST

Prices: Student - No Charge, Adults - \$2.00

SERVED DAILY

Fresh Fruit - Apple, Orange, OR Banana
 Fruit Juice - Apple, Grape OR Orange
 Variety of Milk, including Skim

French Toast w/ Syrup Fruit, Juice, Milk	Fruit Yogurt w/ Granola Fruit, Juice, Milk	Pancake w/ Syrup Fruit, Juice, Milk	Assorted Muffins Fruit Yogurt Fruit, Juice, Milk	Waffle w/ Syrup Fruit, Juice, Milk
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**MENUS SUBJECT TO INFREQUENT CHANGE
 BASED ON AVAILABILITY OF ITEMS**
 Note: Menus may use ingredients that contain
 peanuts, other nuts/seeds, milk, egg, soybean,
 and other products.

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 @ 952-540-2945 or
 DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com