

# Ubah Medical Academy



# January 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
	1st	2nd	3rd	4th
	No School	Chicken Patty Sandwich Potato Wedges Salad, Veggies, Fruit, Milk	Tilapia Yellow Rice Salad, Veggies, Fruit, Milk	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk
7th	8th	9th	10th	11th
Meatball Hoagie Roasted Potatoes Salad, Veggies, Fruit, Milk	Orange Glazed Chicken Steamed Rice Salad, Veggies, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk	Hamburger Baked Beans Salad, Veggies, Fruit, Milk	Pizza Salad, Veggies, Fruit, Milk
14th	15th	16th	17th	18th
Chicken Strips Mashed Potatoes & Roll Salad, Veggies, Fruit, Milk	Tilapia Yellow Rice Salad, Veggies, Fruit, Milk	Soft Shell Beef Taco Pinto Beans Salad, Veggies, Fruit, Milk	BBQ Chicken Leg Steamed Corn & Roll Salad, Veggies, Fruit, Milk	Cheesy Breadsticks & Marinara Sauce Salad, Veggies, Fruit, Milk
21st	22nd	23rd	24th	25th
No School	Cheese Lasagna Dinner Roll Salad, Veggies, Fruit, Milk	Seasoned Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Beef & Cheese Nachos Steamed Corn Salad, Veggies, Fruit, Milk	Mac & Cheese Soft Breadstick Salad, Veggies, Fruit, Milk
28th	29th	30th	31st	
Italian Pasta w/ Meatsauce Soft Breadstick Salad, Veggies, Fruit, Milk	Santa Fe Chicken Wrap Pinto Beans Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Potato Wedges Salad, Veggies, Fruit, Milk	Pizza Salad, Veggies, 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](http://www.donerightfood.com)