



<h1>Ubah Medical Academy</h1>	<h1>March 2020</h1>
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HOT LUNCH	Prices: Student - No Charge, Adults - \$3.75
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SERVED DAILY

Regular Entrée
 Salad Bar Includes - Garden, Caesar, Spinach Mix, AND/OR Oriental Salad
 Carrots, Broccoli, Cucumbers, Celery, Tomatoes AND/OR Hummus
 Toppings: Shredded Cheese, Sunflower/Raisin Mix, Croutons AND/OR Chowmein Noodles
 Low Fat Dressing/Dip
 Fruit Bar Includes - Apple, Orange, Banana, Fruit Juice
 Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Gyro w/ Cucumber Sauce & Yellow Rice Salad, Veggies, Fruit, Milk	Chicken Patty w/ Cheese on Bun Potato Wedges Salad, Veggies, Fruit, Milk	Beef Lasagna Garlic Breadstick Salad, Veggies, Fruit, Milk	Chicken Tandoori w/ Yellow Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
9	10	11	12	13
Cheeseburger Potato Wedges Salad, Veggies, Fruit, Milk	Chicken Shawarma w/ Steamed Rice Salad, Veggies, Fruit, Milk	Pasta w/ Meatsauce Garlic Breadstick Salad, Veggies, Fruit, Milk	Seasoned Chicken Leg w/ Yellow Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
16	17	18	19	20
Chicken Curry w/ Steamed Rice Salad, Veggies, Fruit, Milk	Mac & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk	Chicken Patty w/ Cheese on Bun Potato Wedges Salad, Veggies, Fruit, Milk	Beef Gyro w/ Cucumber Sauce & Yellow Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
23	24	25	26	27
No School	No School	No School	No School	No School

30	31	
Chicken Patty w/ Cheese on Bun Potato Wedges Salad, Veggies, Fruit, Milk	Cheese Lasagna Garlic Breadstick Salad, Veggies, Fruit, Milk	

BREAKFAST	Prices: Student - No Charge, Adults - \$2.00
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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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<p>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.</p> <p><i>This institution is an equal opportunity provider.</i></p>	<p style="text-align: center;"><u>Our Commitment</u> “Healthy Food, Healthy Message” We provide wholesome, delicious, real food that helps teach the right message to children.</p> <p style="text-align: center;">ANY QUESTIONS? CONTACT: School Office @ 952-540-2945 or DONE RIGHT FOOD @ 763-789-4493 or www.donerightfood.com</p>
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