Name:_____ Grade:____

Return this form to the office no later than August 22

Date	R indicates a regular meal and V indicates a vegetarian meal order	
	Breakfast	Lunch
3		
4		
5		
6		
9		
10		
11		
12		
16		
17		
18		
19		
20		
23		
24		
25		
26		
30		
Total Number:	x $2.00	x $4.00
$ Amount Enclosed:		

Make checks payable to:
UPPER MISSISSIPPI ACADEMY

Upper Mississippi Academy

COLD LUNCH

September 2019

Prices: Student - $4.00, Adult - $4.00

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
Fresh Veggies - Carrots, Broccoli, Cucumbers, Tomatoes, OR Celery
Fresh Fruit - Apple, Orange, OR Banana
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3**	**4**	**5**	**6**
Labor Day	Turkey Salami Sandwich Veggies & Hummus Dip Fruit, Milk VEG - Frijoles Veggie Sand	Dijon Tuna Salad on Bun Potato Salad Veggies, Fruit, Milk VEG - Egg Salad on Bun	Chef Salad Gluten-Free Toast Veggies, Fruit, Milk VEG - Veggie Chef Salad	Turkey Hoagie Carrot Slaw Veggies, Fruit, Milk VEG - Hummus w/ Chips
9	**10**	**11**	**12**	**13**
Turkey Ham & Cheese on Bun Veggies & Hummus Dip Fruit, Milk VEG - Frijoles Veggie on Bun	Chicken Taco Salad Baked Chips Veggies, Fruit, Milk VEG - Veggie Taco Salad	Turkey Salami Sandwich Carrot Slaw Veggies, Fruit, Milk VEG - Egg Salad Sand	Santa Fe Chicken Pasta Salad Baked Chips & Bean Dip Veggies, Fruit, Milk VEG - Santa Fe Pasta Salad	**Student Release Day**
16	**17**	**18**	**19**	**20**
Deli Turkey Sub Veggies & Bean Dip Fruit, Milk VEG - Egg Salad Sub	Chicken Caesar Salad Gluten-Free Toast Veggies, Fruit, Milk VEG - Caesar Salad	Tuna Salad on Bun Potato Salad Veggies, Fruit, Milk VEG - Chickpea Salad on Bun	Southwest Chicken Wrap Carrot Slaw Veggies, Fruit, Milk VEG - Southwest Bean Wrap	Chickpea Pasta Salad Baked Chips & Hummus Dip Veggies, Fruit, Milk VEG - Same
23	**24**	**25**	**26**	**27**
Turkey Salami on Bun Veggies & Bean Dip Fruit, Milk VEG - Egg Salad on Bun	Chicken Salad Wrap Baked Chips & Hummus Dip Veggies, Fruit, Milk VEG - Santa Fe Bean Wrap	Turkey Ham Sandwich Corn Salad Veggies, Fruit, Milk VEG - Frijoles Veggie Sand	Chef Salad Gluten-Free Roll Veggies, Fruit, Milk VEG - Veggie Chef Salad	**Student Release Day**
30				
Turkey Ham Sandwich Veggies & Hummus Dip Fruit, Milk VEG - Frijoles Veggie Sand				

Done Right Food
School & Event Catering Services

BREAKFAST— 8:45 - 9:15

Prices: Student - $2.00, Adult - $2.00

SERVED DAILY AT EVERY MEAL

Granola / Breakfast Loaf / Assorted Muffins / Whole Grain Bagels
Low Fat Fruit Yogurt / String Cheese / Cream Cheese / Cheese Stick
Fresh Fruit / 100% Juice
Variety of Milk, including Skim

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:
stephanie.oyen@umissacademy.org or
DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com