



Name: _____ Grade: _____

Upper Mississippi Academy

October 2019

**Return this form to the office
no later than September 24**

COLD LUNCH

Prices: Student - \$4.00, Adult - \$4.00

SERVED DAILY

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

Date

R indicates a regular meal and
V indicates a vegetarian meal order

Breakfast	Lunch
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1		
2		
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7		
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14		
15		
16		
21		
22		
23		
24		
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28		
29		
30		
31		

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Garden Salad Soft Breadstick Veggies, Fruit, Milk VEG - Same	Dijon Tuna Salad on Bun Potato Salad Veggies, Fruit, Milk VEG - Egg Salad on Bun	Southwest Chicken Wrap Baked Chips & Bean Dip Veggies, Fruit, Milk VEG - Southwest Cheese Wrap	Santa Fe Cheese Pasta Salad Dinner Roll Veggies, Fruit, Milk VEG - Same
7	8	9	10	11
Turkey Ham & Cheese on Bun Veggies & Hummus Dip Fruit, Milk VEG - Multi-Cheese on Bun	Chicken Caesar Salad Soft Breadstick Veggies, Fruit, Milk VEG - Caesar Salad	Turkey Salami & Cheese Sand Carrot Slaw Veggies, Fruit, Milk VEG - Multi-Cheese Sand	Chicken Salad Wrap Baked Chips & Bean Dip Veggies, Fruit, Milk VEG - Egg Salad Wrap	No School
14	15	16	17	18
Turkey Salami & Cheese Bagel Veggies & Bean Dip Fruit, Milk VEG - Multi-Cheese Bagel	Southwest Chicken Wrap Baked Chips & Hummus Dip Veggies, Fruit, Milk VEG - Southwest Cheese Wrap	Dijon Tuna Salad on Bun Potato Salad Veggies, Fruit, Milk VEG - Egg Salad on Bun	No School	No School
21	22	23	24	25
Turkey Ham & Cheese Bagel Veggies & Hummus Dip Fruit, Milk VEG - Multi-Cheese on Bun	Chicken Taco Salad Baked Chips Veggies, Fruit, Milk VEG - Veggie Taco Salad	Turkey Salami & Cheese Sand Carrot Slaw Veggies, Fruit, Milk VEG - Egg Salad Sand	Santa Fe Chicken Pasta Salad Baked Chips & Bean Dip Veggies, Fruit, Milk VEG - Santa Fe Cheese Pasta Salad	Deli Sub Corn Salad Veggies, Fruit, Milk VEG - Multi-Cheese Sub
28	29	30	31	
Deli Turkey & Cheese on Bun Veggies & Bean Dip Fruit, Milk VEG - Multi-Cheese Bagel	Chicken Caesar Salad Soft Breadstick Veggies, Fruit, Milk VEG - Caesar Salad	Tuna Salad Sandwich Potato Salad Veggies, Fruit, Milk VEG - Egg Salad on Bun	Southwest Chicken Wrap Deli Coleslaw Veggies, Fruit, Milk VEG - Southwest Cheese Wrap	



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

Total Number:	x \$2.00	x \$4.00
\$ Amount Enclosed:		

**Make checks payable to:
UPPER MISSISSIPPI ACADEMY**

**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