



Hmong College Prep Academy

2 WEEK Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Burritos	Cheesy Omelette	Sticky Rice w/ Bacon	Brown Rice with Sausage	Breakfast Bagel Sandwich
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Brown Rice with Ham	Cheesy Scrambled Eggs with Hashbrowns	Breakfast Pizza	Kopia	Sausage English Muffin Sandwich
Fruit	Fruit	Fruit	Wafer Cookies	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Burritos	Pancake on a Stick	Sticky Rice w/ Bacon	Brown Rice with Sausage	Breakfast Bagel Sandwich
Fruit	Fruit	Fruit	Fruit	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Brown Rice with Ham	Cheesy Scrambled Eggs with Hashbrowns	Breakfast Pizza	Kopia	Sausage English Muffin Sandwich
Fruit	Fruit	Fruit	Wafer Cookies	Fruit
Juice	Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk	Milk



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4 WEEK Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Stir Fry Over Rice	Hmong Sausage with Brown Rice	Chicken Drumsticks with Rice	BBQ Pork Sandwich with Fries	Pepperoni Pizza
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie	Turkey & Ham Hoagie
Tator Tot Hot Dish with Breadstick	Pho	Beef Hotdog with Tator Tots	Three Cheese Grilled Cheese with Tomato Soup	Chicken Laab
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Pita Sandwich	Tuna Pita Sandwich	Tuna Pita Sandwich	Tuna Pita Sandwich	Tuna Pita Sandwich
Chicken Tenders with Mashed Potato and Gravy	Walking Taco	Yakisoba Noodle Bowl	Cheeseburger with Fries	Pork & Cabbage Soup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Monday	Tuesday	Wednesday	Thursday	Friday
Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap	Buffalo Chicken Wrap
Mac & Cheese	Pozole	Bulgogi Beef over Rice	Chicken Patty with Sun Chips	Chicken Curry Soup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables
Monday	Tuesday	Wednesday	Thursday	Friday
Italian Hoagie	Italian Hoagie	Italian Hoagie	Italian Hoagie	Italian Hoagie