

6 Week Lunch Menu



Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Cinnamon Roll	Coco puff	Apple Muffin	Banana Bread	Mini French Toast	UBR	Bagel & cream cheese
	Coco puli			Raisins	Cheese Stick	
Sliced Apple	0	cheese Stick	Apple Sauce	Raisins		Orange Juice
Milk	Graham Cracker		Milk		Apple Juice	Milk
	Apple Juice	Milk		Mlik		
		Grape juice				
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Cinnamon Toast	Breakfast Pizza	Piig-n-Blanket	Strawberry Bagel	Pop Tart	Waffle W/ Syrup	Cheese Omelet
Vanilla wafer	raisin	Syrup	raisin	Craisins	Apple Sauce	Goldfish cracker
Orange juice	Milk	•		Cheese Stick	•	Apple juice
• •		Grape Juice	Milk	Milk	Milk	Mlik
Milk		•				
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Blueberry Muffin	Strawberrry yogurt	Breakfast Apple bar	Chicken Fry Rice	Cheero's	Mini Fench Toast	Sausage Pattie
Cheese Stick	Granola Bites			Cheese Stick	Craisins	English Muffin
CHOOCC CHOK	Raisins	Cheese Stick	Milk	Apple Juice	Milk	English mann
Milk	Milk	Milk	Grape Juice	Mlik	···········	Mixed Fruit
Diced Pears	· · · · · · · · · · · · · · · · · · ·	Orange Juice	Grapo valeo	········		Milk
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Breakfast Bar	Strawberry Bagel	Frosted Flakes	Lucky Charm	Cheese Omelet	Waffles	Chocolate muffin
Orange juice	Cransins	Apple sauce	raisin	Oncese Omelet	Syrup	Cheese Stick
Milk	Milk	Cheese Stick	Vanilla Wafer	Goldfish Cracker	Apple Juice	Grape Juice
Willix	WIIIK	Checos Otick	Apple Juice	Mlik	Milk	Siape buice
+		Milk	Milk	orange Juice	WIIIK	
		IVIIIN	IVIIIK	orange suice		

	HMONG COLLEGE PREP ACADEMY
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Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
BBQ Ribet Sandwich	Chicken Drummy	Pizza Stick	Chicken Teriyaki	Chicken Laab	Mostaccioli	Sweet-Sour Chicken
Whole grain Bun	Brown Rice	Cuccumber	Whole grain Roll	Whole grain Roll	Whole grain Bun	Brown Rice
Corn	baby Carrots	Apple	Fresh Broccoli	Rice	Peaches	Diced Pears
Fresh Pear	Mixef Fruit		Orange	Celery	Carrot	Green Beans
				Apple Sauce		
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Hamburger	Chicken Stir fry	Spaghitti W/ Meat sauce	Mini Corndogs	Turkey & Cheese sandwich	Chicken Tenders	Sloppy Joe
Whole grain Bun	Rice	Whole grain Roll	Broccoli	Celery	Honey mustard Sauce	SunChips
Fresh Broccoli	corn	green Beans	Apple Wedges	Orange Wedges	Green Breans	Orange
Apple Sauce	Diced Peaches	Mixed Fruit			apple	Baby Carrots
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
hot Dog	Orange Chicken	Mac & Cheese	Crispy Chicken Pattie	Pizza Stick	Chicken Nugets	Mostaccioli
Whole grain Bun	Brown Rice	Whole grain Bun	Whole grain Roll	fresh broccoli	Mixed Veggies	Whole grain Bun
Baby Carrots	Corn	Green Beans	Cuccumber	Slice Apple	Diced Pears	Celery
Apple	Mixed fruit	Peaches	Orange			Apple Sauce
Monday	Tuesday	Wednesday	Thurday	Friday	Saturday	Sunday
Spaghitti W/ Meat sauce	Turkey & Cheese sandwich	Chicken Tenders	Cheese Hamburger	Chicken Leg	Pizza Bread	Chicken Fried Rice
Whole grain Roll	Celery	Baby Carrots	Whole grain Bun	Whole grain Roll		
Corn	Apple Wedges	Orange	Chips	Mixed Vegetables	Broccoli	Carrots
Mixed fruit	_	_	Orange Wedges	apple Sauce	Pineapple Cup	Apple
			-	Rice		
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