



# Hmong College Prep Academy



## 4 WEEK Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes w/ Sryru Fruit Milk Juice	Coco puff cereal Graham Cracker Apple Juice	Apple Muffin cheese Stick Milk Grape juice	Brown Rice w/ Sausage Apple Sauce Milk	Skillet Breakfast Cramble w/ Corn Tortill Fruit Milk
WG Donuts Cheese Stick Diced Pears Milk	Apple or Cherry Frudel raisin Milk	Biscuit & Gravy Fruit Grape Juice	Kopia Wafer Cookies Juice Milk	Overnight Oats Juice Milk
Pancakes w/ Sryru Fruit Milk Juice	Breakfast Pizza Apple Milk	Breakfast Tacos Orange Juice Milk	Brown Rice w/ Ham Cransins Milk	Skillet Breakfast Cramble w/ Corn Tortill Fruit Milk
WG Donuts Cheese Stick Diced Pears Milk	Apple or Cherry Frudel raisin Milk	Biscuit & Gravy Fruit Grape Juice	Sticky Rice w/ Bacon Apple Sauce Cheese Stick Milk	Overnight Oats Juice Milk



# Hmong College Prep Academy



## 4 WEEK Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes w/ Cheese Eggs Tators Baby Carrots	Hmong Sausage Brown Rice Whole grain Roll Mixed Fruit Green Bean	Spaghitti W/ Meat sauce Roasted Green Bean Italian Vegetable	Grilled Chicken Sandwich Garden Salad Broccoli	Peperoni Pizza Cucunbers Baby Carrots
Garden Tuna Salad Pita	Turkey & ham & bacon Hoagie	Garden Ranch Turkey Sandwich	Apple Ham & Cheese Hoagie	Ham & Turkey Hoagie
Cheesy Baked Ziti Garden salad Corn Apple Sauce	Chicken & Waffle sandwich Baby Carrots Sliced Cuccumbers	Hot Dog Tator Tots Roasted Corn	Chicken Drummy Brown Rice Green Beans	Peperoni Pizza Cucumbers Orange Wedges
Ham & Cheese Hoagie	Roasted Beet & Cheddar Hoagie	Turkey & Cheese Hoagie	Garden Chicken Salad in Warm Pita	Itanian Hoagie
French Toast Stick w/ Cheesy Eggs Orange Glazed Carrots Broccoli Apple	Beef Walking Sandwich Black Beans Diced Tomato	Corn Dogs Green Beans Babu Carrpts	Cheeseburger Corn Coblet Tator Tots Orange	Pho Celery Orange Wedges Whole Grain Roll
Garden Tuna Salad Pita	Turkey & ham & bacon Hoagie	Garden Ranch Turkey Sandwich	Apple Ham & Cheese Hoagie	Ham & Turkey Hoagie
Mac & Cheese Baby Carrot Green Beans Mixed fruit	Meatball Hoagie Garden Salad Ranch Dressing Italian Vegetable	Hot Dog Tator Tots Roasted Corn	Chicken Pattie Fries Corn	Chicken Curry Soup Whole grain Roll Celery Orange Wedge
Ham & Cheese Hoagie	Roasted Beet & Cheddar Hoagie	Turkey & Cheese Hoagie	Garden Chicken Salad in Warm Pita	Itanian Hoagie