



# Hmong College Prep Academy



## School Lunch 5 Week Menu Cycle

**\*\*Menu is subject to change\*\***

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<small>Day 1</small>	<small>Day 2</small>	<small>Day 3</small>	<small>Day 4</small>	<small>Day 5</small>
<b>Walking Taco</b> Salsal Cheese, Lettuce Mandarin Oranges Snap Peas Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Chicken Curry Noodle Soup</b> Wholegrain Breadstick Tropical Mixed Fruit Brocollini Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Teryaki Chicken Strips</b> <b>4 Treasures Brown Rice</b> Fresh Orange Green Bean Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Hmong Sausage</b> <b>4 Treasures Brown Rice</b> Fresh Orange Snap Peas Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Corned Dog</b> <b>Chips</b> Green Beans Banana Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>
<small>Day 6</small>	<small>Day 7</small>	<small>Day 8</small>	<small>Day 9</small>	<small>Day 10</small>
<b>Breaded Chicken Sandwich</b> French Fries Corn Fresh Apple Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Chicken Stir Fry With Vegetables</b> Brown Rice Banana Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Pizza Party</b> Fresh Apple Broccoli Variety Milk Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Pho</b> <b>Whole Grain Roll</b> Banana Chilled and Fresh Fruit Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Mostaccioli</b> Butter Noodles Fresh Grapes Green Beans Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>
<small>Day 11</small>	<small>Day 12</small>	<small>Day 13</small>	<small>Day 14</small>	<small>Day 15</small>
<b>Hamburger</b> French Fries <b>Carrots</b> Diced Pears Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Braised Pork with Greens Soup</b> Brown Rice Fresh Apple Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Salibury Steak</b> Mashed Potatoes Peas Banana Whole Grain Bun <b>Alt. Turkey &amp; Cheese</b>	<b>Chicken Drummy</b> <b>4 Treasures Brown Rice</b> Fresh Grapes Carrots Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Hot Dog</b> Whole Grain Bun Oven Potato Wedges Pineapple Green beans <b>Alt. Turkey &amp; Cheese</b>
<small>Day 16</small>	<small>Day 17</small>	<small>Day 18</small>	<small>Day 19</small>	<small>Day 20</small>
<b>Spaghitti Noodle</b> <b>Whole Grain bun</b> Ginger Carrots Pears Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Pulled Pork W/ Ginger</b> Brown Rice Green Beans Oranges Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>	<b>Chicken Pot Pie</b> Whole Grain Bun Refried Beans Fresh Pineapple Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Chicken Curry Noodle Soup</b> Wholegrain Breadstick Tropical Mixed Fruit Brocollini Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Chicken Tenders</b> french Fries Carrots Banana Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>
<small>Day 21</small>	<small>Day 22</small>	<small>Day 23</small>	<small>Day 24</small>	<small>Day 25</small>
<b>Sloppy Joe</b> Whole Grain Bun Oven Potato Wedges Apples Snap Peas <b>Alt. Turkey &amp; Cheese</b>	<b>BBQ Pork w/ Rice</b> <b>Whole Grain Roll</b> Banana Chilled and Fresh Fruit Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Pizza Party</b> Fresh Apple Broccoli Variety Milk Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Pho</b> <b>Whole Grain Roll</b> Banana Chilled and Fresh Fruit Market Fresh Greens Bar <b>Alt. Turkey And Cheese</b>	<b>Cheeseburger</b> French Fries <b>Carrots</b> Diced Pears Market Fresh Greens Bar <b>Alt. Turkey &amp; Cheese</b>