






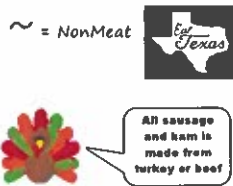
Arlington Classics Academy Breakfast Menu

May 2024

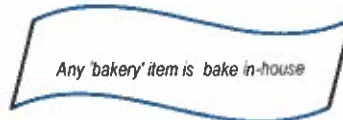


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 fresh banana choice of milk • fresh baked sausage roll turkey frank-cheese-wg roll - or - bakery flatcake: carrot spice strawberry shredded wheat	2 fresh-cut cantaloupe bowl 100% fruit juice or fresh fruit, milk • whole grain cinnamon roll - with apple cinnamon topping - or - fruit & yogurt parfait cereal: Lucky Charms® medley	3 chilled mixed fruit 100% fruit juice, choice of milk • 6" breakfast taquito beef sausage-egg-cheese  cinnamon raisin bagel cream cheese & jelly
6 chilled sliced peaches 100% fruit juice or fresh fruit, milk • French toast sticks - with side syrup - or - fruit flavored low fat yogurt cup graham bites	7 fresh-cut orange 100% fruit juice, choice of milk • English muffin sandwich with egg-cheese-turkey ham - or - round-top wheat bread & jelly that's Life® cereal medley	8  fresh banana 100% fruit juice, choice of milk • breakfast 6" quesadilla w/egg and skillet beef - or - bakery flatcake: banana bread cereal: 'Tiger® flakes'	9 fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk • lemon blueberry fresh baked biggie muffin -  fruit & yogurt parfait cereal: 'apple Os'	10 chilled cinnamon apples 100% fruit juice, choice of milk • warm flaky wg biscuit - with honey butter - or - Zee Zees® cereal bar cheese stick
13 chilled sliced peaches 100% fruit juice or fresh fruit, milk • warm breakfast 6" taquito turkey sausage-egg-cheddar - or - fruit flavored low fat yogurt cup Fun and Fitness snack crackers	14  fresh-cut orange 100% fruit juice, choice of milk • warm "West, Texas" kolache w/turkey ham & cheese - or - plain bagel with strawberry cream cheese & jelly	15 fresh banana 100% fruit juice, choice of milk • warm wg chicken biscuit with breaded chicken - or - bakery flatcake: tropical pina cereal: a 'trio of flakes'	16 fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk • warm whole grain waffles - with triple berry syrup - or - fruit & yogurt parfait cereal: 'Trix® mix'	17 chilled mixed fruit 100% fruit juice, choice of milk • peachy 'sticky bun' on whole grain cinnamon roll  fruit cereal bar cheese stick
20 chilled diced pears 100% fruit juice or fresh fruit, milk • warm whole grain pancakes - with side syrup - or - fruit flavored low fat yogurt cup graham bites or granola	21 fresh-cut orange 100% fruit juice, choice of milk • breakfast 'slider' mini burger bun-turkey sausage - or - round-top wheat bread & jelly cereal: 'Fruity Os' n' more	22  fresh banana 100% fruit juice, choice of milk • warm 'Migas' breakfast taquito - egg-cheese-tortilla chips - or - bakery flatcake: Morning Glory cereal bowl: "raisins & Os"	23 fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk • warm raspberry glazed whole grain cinnamon roll -  fruit & yogurt parfait cereal: 'Lucky Charms® medley'	24 applesauce cup 100% fruit juice, choice of milk • warm flaky wg biscuit - with sunbutter & jelly sides - or - Zee Zees® cereal bar cheese stick
27 ***	28  ***	29 ***	30 ***	31 ***

Serving those true tastes, recipes, and traditions of Texas as often as possible....



Fruit is seasonally local sourced, when available






1% or Skim Milk

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Arlington Classic Academy Lunch Menu

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Oven Roasted Lemon Chicken whole grain garlic breadstick seasoned red kidney beans fresh salad greens w/ranch - or - Fresh Fruit Salad cheese stick-yogurt cup-veggies-roll chilled peaches choice of milk	2 Frito® Chili Pie our beef chili-cheddar-corn chips smashed pinto beans lettuce/tomato salad, taco sauce - or - Chicken Caesar Wrap whole wheat tortilla, fresh veggies fruit n' Jello® choice of milk	3 MS Picnic - Order Lunches from cafe Popcorn Chicken on whole grain bread slice oven baked diced potatoes steamed broccoli medley - or - Turkeyham & American thin wheat bread, fresh veggies, salad seasonal red grapes, or raisins choice of milk
6 Meatballs in Brown Gravy whole grain soft roll <i>real</i> mashed potatoes seasoned carrot coins - or - Sunbutter Bistro Box w/fresh veggies, wg roll, chz stick, jelly seasonal fresh fruit choice of milk	7 Charbroiled Cheeseburger whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch - or - Chicken Salad on wg Bun fresh veggie sticks, 3-bean salad chilled applesauce choice of milk	8 Cheese Pizza Round - on whole grain deep dish crust side of red sauce pasta fresh salad greens w/ranch - or - Chicken Caesar Salad cheesy garlic breadstick chilled mixed fruit n' berries choice of milk	9  real Queso Nachos - over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch - or - Southwest Chicken Pita pico de gallo, veggies, s/w tater salad fresh local Texas fruit choice of milk	10 Italian Grilled Chicken Sub on whole wheat hoagie w/mozzarella white beans italiano seasoned green beans - or - Turkey & Jack on Wheat fresh veggies, veggie/fruit juice chilled pineapple tidbits choice of milk
13 Breaded Chicken Nuggets whole grain soft roll garlic mashed potatoes steamed green peas - or - Turkeyham & American on wheat bread, fresh veggies, salad chilled mixed fruit choice of milk	14 Toasted Cheese Sandwich - three cheeses-whole wheat bread seasoned tater tots fresh baby carrots w/ranch - or - Chef Salad Bowl (3 meat/cheese) big wg rustic roll & margarine seasonal fresh fruit choice of milk	15  Lone Star BBQ Chicken <i>fresh baked</i> whole cornbread cowboy-up pinto beans corn n' cabbage slaw salad - or - Fresh Fruit Salad cheese stick-yogurt cup-veggies-roll fresh local Texas melon choice of milk	16 Pepperoni Pizza Square on whole grain crust fresh Roma salad w/Italian and garbanzo beans - or - Roast Chicken & Cheese Sub fresh veggies, 3-bean salad chilled diced apples choice of milk	17 Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute - or - Deli Classic® (turkey, beef, cheese) 2-wg slider rolls, veggies, potato salad seasonal red grapes, or raisins choice of milk
20 INT Campus - @UTA - Order sack lunches from cafe Charbroiled Hamburger whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch - or - Hummus Bistro Box sunflower seeds-veggies-pita wedges seasonal fresh fruit choice of milk	21  Smoked Shredded Chicken w/Texas BBQ sauce, ranch roll <i>real</i> mashed potatoes seasoned green beans - or - Fresh Fruit Salad cheese stick-yogurt cup-veggies-roll fresh local Texas fruit choice of milk	22 Spaghetti & Meat Sauce whole grain garlic breadstick fresh zucchini & corn italiano fresh salad greens w/ranch - or - Chicken Caesar Salad whole grain garlic breadstick chilled mixed fruit choice of milk	23 real Queso Nachos - over whole corn tortilla chips house-made refried beans fresh nacho side 'salad', taco sauce - or - Club Wrap (turkey/ham-turkey-chz) wheat tortilla-veggies-pasta salad chilled sliced pears choice of milk	24 Chili Cheese Dog whole grain coney bun bbq baked beans fresh-cut veggie sticks w/ranch - or - Chicken Salad Coney Bun fresh veggies, veggie/fruit juice fruit n' Jello® choice of milk
27 Memorial Day	28 ***	29 *** 	30 ***	31 ***

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~ = NonMeat



Fruit & Produce
is seasonally
local sourced

"Sauces, beans, salads, pastas, fresh baked bakery, and the like
are all scratch-cooked in-house with our healthy recipes"

a peanut & pork
free menu

This Month:



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