










# Arlington Classics Academy Breakfast Menu

## April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>no classes</p>	<p>2</p> <p>fresh-cut orange 100% fruit juice, choice of milk</p> <p>English muffin sandwich with egg-cheese-turkey ham</p> <p>- OR -</p> <p>round-top wheat bread &amp; jelly that's Life® cereal medley</p>	<p>3</p> <p>fresh banana 100% fruit juice, choice of milk</p> <p>breakfast 6" quesadilla w/egg and skillet beef</p> <p>- OR -</p> <p>bakery flatcake: banana bread cereal: 'Tiger® flakes'</p>	<p>4</p> <p>fresh-cut fruit bowl 100% fruit juice or fresh fruit, milk</p> <p>warm flaky wg biscuit - with sunbutter &amp; jelly sides</p> <p>- OR -</p> <p>fruit &amp; yogurt parfait cereal: 'apple Os'</p>	<p>5</p> <p>chilled cinnamon apples 100% fruit juice, choice of milk</p> <p>lemon blueberry fresh baked biggie muffin -</p>  <p>Zee Zees® cereal bar cheese stick</p>
<p>8</p> <p>chilled diced peaches 100% fruit juice or fresh fruit, milk</p> <p>warm breakfast 6" taquito turkey sausage-egg-cheddar</p> <p>- OR -</p> <p>fruit flavored low fat yogurt cup Fun and Fitness snack crackers</p>	<p>9</p>  <p>fresh-cut orange 100% fruit juice, choice of milk</p> <p>warm "West, Texas" kolache w/turkey ham &amp; cheese</p> <p>- OR -</p> <p>plain bagel with strawberry cream cheese &amp; jelly</p>	<p>10</p> <p>fresh banana 100% fruit juice, choice of milk</p> <p>warm wg chicken biscuit with breaded chicken</p> <p>- OR -</p> <p>bakery flatcake: tropical pina cereal: a 'trio of flakes'</p>	<p>11</p> <p>fresh-cut pineapple bowl 100% fruit juice or fresh fruit, milk</p> <p>warm whole grain waffles - with triple berry syrup</p> <p>- OR -</p> <p>fruit &amp; yogurt parfait cereal: 'Trix® mix'</p>	<p>12</p> <p>chilled mixed fruit 100% fruit juice, choice of milk</p> <p>cinnamon apple oatmeal - with granola crunchies or grahams</p>  <p>fruit cereal bar cheese stick</p>
<p>15</p> <p>chilled diced pears 100% fruit juice or fresh fruit, milk</p> <p>warm whole grain pancakes - with side syrup</p> <p>- OR -</p> <p>fruit flavored low fat yogurt cup graham bites or granola</p>	<p>16</p> <p>fresh-cut orange 100% fruit juice, choice of milk</p> <p>breakfast 'slider' mini burger bun-turkey sausage</p> <p>- OR -</p> <p>round-top wheat bread &amp; jelly cereal: 'Fruity Os' n' more</p>	<p>17</p>  <p>fresh banana 100% fruit juice, choice of milk</p> <p>warm "Migas" breakfast taquito - egg-cheese-tortilla chips</p> <p>- OR -</p> <p>bakery flatcake: Morning Glory cereal bowl: 'Raisins &amp; Os'</p>	<p>18</p> <p>fresh-cut seasonal melon 100% fruit juice or fresh fruit, milk</p> <p>warm flaky wg biscuit - with sunbutter &amp; jelly sides</p> <p>- OR -</p> <p>fruit &amp; yogurt parfait cereal: 'Lucky Charms® medley'</p>	<p>19</p> <p>applesauce cup 100% fruit juice, choice of milk</p> <p>warm raspberry glazed whole grain cinnamon roll -</p>  <p>Zee Zees® cereal bar cheese stick</p>
<p>22</p> <p>chilled cinnamon apples 100% fruit juice or fresh fruit, milk</p> <p>warm whole grain waffles - with side syrup</p> <p>- OR -</p> <p>fruit flavored low fat yogurt cup graham bites or granola</p>	<p>23</p>  <p>fresh-cut orange 100% fruit juice, choice of milk</p> <p>warm bean &amp; cheese taquito - in whole grain tortilla - house salsa</p> <p>- OR -</p> <p>round-top wheat bread &amp; jelly cereal: Cinnamon Toast® medley</p>	<p>24</p> <p>fresh banana 100% fruit juice or fresh fruit, milk</p> <p>warm "West, Texas" kolache w/turkey ham &amp; cheese</p> <p>- OR -</p> <p>fruit cereal bar cheese stick</p>	<p>25</p> <p>applesauce cup 100% fruit juice, choice of milk</p> <p>cheesy breakfast potatoes with turkey sausage link</p> <p>- OR -</p> <p>bakery flatcake: baked apple cereal: 'Trix® Mix'</p>	<p>26</p> <p>chilled sliced peaches 100% fruit juice, choice of milk</p> <p>warm flaky Southern biscuit w/beef sausage cream gravy</p>  <p>fruit &amp; yogurt parfait cereal: 'apple Os'</p>
<p>29</p> <p>chilled sliced pears 100% fruit juice or fresh fruit</p> <p>warm whole grain bagel with turkey sausage patty</p> <p>- OR -</p> <p>fruit flavored low fat yogurt cup Fun and Fitness snack crackers</p>	<p>30</p> <p>fresh-cut orange 100% fruit juice, choice of milk</p> <p>warm whole grain pancakes - with side syrup</p> <p>- OR -</p> <p>fruit cereal bar cheese stick</p>			

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

~ = NonMeat



Fruit is  
seasonally  
local  
sourced,  
when  
available

Any 'bakery' item is bake in-house

a peanut & pork  
free menu






All sausage  
and ham is  
made from  
turkey or beef



1% or  
Skim Milk

# Arlington Classics Academy Lunch Menu

## April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>No Classes</b>	2 <b>Charbroiled Cheeseburger</b> whole grain bun, burger 'salad' oven baked potato wedges fresh-cut veggie sticks w/ranch - or - <b>Chicken Salad on wg Bun</b> fresh veggie sticks, 3-bean salad chilled applesauce choice of milk	3 <b>Cheese Pizza Square ~</b> on whole grain crust Italian three bean salad fresh salad greens w/ranch - or - <b>Chicken Caesar Salad</b> cheesy garlic breadstick chilled mixed fruit n' berries choice of milk	4 <b>real Queso Nachos ~</b> over whole corn tortilla chips housemade refried beans fresh sliced cucumber w/ranch - or - <b>Southwest Chicken Pita</b> pico de gallo, veggies, s/w tater salad fresh local Texas fruit choice of milk	5 <b>'Oven-Fried' Chicken Tenders</b> whole grain waffle & syrup baked 4-bean medley seasoned green beans - or - <b>Turkey &amp; Jack on Wheat</b> fresh veggies, veggie/fruit juice chilled pineapple tidbits choice of milk
8 <b>Eclipse Day</b>	9	10 	11	12
<b>Toasted Cheese Sandwich ~</b> three cheeses-whole wheat bread seasoned later tots fresh baby carrots w/ranch - or - <b>Turkeyham &amp; American</b> on wheat bread, fresh veggies, salad seasonal fresh fruit choice of milk	<b>Breaded Chicken Nuggets</b> whole grain soft roll garlic mashed potatoes steamed green peas - or - <b>Chef Salad Bowl (3 meat/cheese)</b> big wg rustic roll & margarine chilled mixed fruit choice of milk	<b>Lone Star BBQ Chicken</b> fresh baked whole cornbread bbq white beans corn n' cabbage slaw salad - or - <b>Fresh Fruit Salad</b> cheese stick-yogurt cup-veggies-roll fresh local Texas melon choice of milk	<b>Pepperoni Pizza Square</b> on whole grain crust fresh Roma salad w/Italian and garbanzo beans - or - <b>Roast Chicken &amp; Cheese Sub</b> fresh veggies, 3-bean salad chilled diced apples choice of milk	<b>Ranchero Chicken Enchilada</b> shredded chicken-flour tortilla-salsa Southwest diced potatoes confetti corn & black bean saute - or - <b>'Deli Classic' (turkey, beef, cheese)</b> 2-wg slider rolls, veggies, potato salad seasonal red grapes choice of milk
15	16 	17	18	19
<b>Charbroiled Hamburger</b> whole grain bun, burger 'salad' oven baked potato wedges fresh baby carrots w/ranch - or - <b>Hummus Bistro Box</b> sun/flower seeds-veggies-pita wedges seasonal fresh fruit choice of milk	<b>Smoked Shredded Chicken</b> w/Texas BBQ sauce, ranch roll real mashed potatoes seasoned green beans - or - <b>Fresh Fruit Salad</b> cheese stick-yogurt cup-veggies-roll fresh local Texas fruit choice of milk	<b>Spaghetti &amp; Meat Sauce</b> whole grain garlic breadstick fresh zucchini & corn italiano fresh salad greens w/ranch - or - <b>Chicken Caesar Salad</b> whole grain garlic breadstick chilled mixed fruit choice of milk	<b>real Queso Nachos ~</b> over whole corn tortilla chips house-made refried beans fresh nacho side 'salad', taco sauce - or - <b>Club Wrap (turkey/ham-turkey-chz)</b> wheat tortilla-veggies-pasta salad chilled sliced pears choice of milk	<b>Chili Cheese Dog</b> whole grain coney bun cowboy-up pinto beans fresh-cut veggie sticks w/ranch - or - <b>Chicken Salad Coney Bun</b> fresh veggies, veggie/fruit juice fruit n' Jello* choice of milk
22	23	24	25	26 
<b>Breaded Chicken Sandwich</b> whole grain burger bun, pickles crinkle-cut oven potatoes buttered green peas - or - <b>Coffee Shop Bistro Box</b> an egg, chz stick, crackers, veggies seasonal fresh fruit choice of milk	<b>Toasted Cheese Sandwich ~</b> three cheeses-whole wheat bread bbq 'charro' pinto beans fresh baby carrots w/ranch - or - <b>Chef Salad Bowl (3 meat/cheese)</b> big wg rustic roll & margarine chilled sliced peaches choice of milk	<b>Chicken Parmesan Pasta</b> whole grain 'rustic' roll California veggie medley fresh salad greens w/ranch - or - <b>Fresh Fruit Salad</b> cheese stick-yogurt cup-veggies-roll chilled mixed fruit choice of milk	<b>Cheese Pizza Round ~</b> on whole grain soft pita crust side Caesar salad w/cROUTONS fresh grape tomatoes or wedges - or - <b>Italian-Style Sandwich</b> 'rustic' roll', tomatoes, Caesar salad seasonal fresh fruit choice of milk	<b>Soft Beef Tacos</b> on flour tortillas w/cheese taco side 'salad' seasoned black beans - or - <b>Smokehouse Chicken Wrap</b> fresh veggies, southwest tater 'salad' fresh local Texas fruit choice of milk
29	30			
<b>State Fair Corn Dog</b> (wg honey battered, chicken) seasoned later tots seasoned green beans - or - <b>BBQ Chicken Salad/wg bun</b> fresh veggies, potato sala, Fritos fresh local Texas fruit choice of milk	<b>Cheddar Mac &amp; Cheese -</b> whole grain soft roll seasoned peas & carrots fresh spinach-carrot-tomato salad - or - <b>Club Sub (turkey/ham-turkey-chz)</b> wg sub bun, veggies, pasta salad chilled mixed fruit choice of milk			

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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:

