






















# INNO ACADEMY ALLEGAN CAMPUS

# OCTOBER 2019

## MEAL PRICE: \$2.70

*This institution is an equal opportunity provider and employer. For any questions & information contact Sue Lambers: slambers@hollandchristian.org*

**Milk Only .50**  
**Adult meal: \$3.50**  
 Milk is included with lunch.  
 Chocolate Non-fat or 1% White milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPT 30 Tyson Mini Mega Chicken Poppers, Steamed Broccoli Michigan Apple, Mini Chocolate Chip Muffin	OCT 1 Dutch Waffle with Whipped Cream, Strawberry Cup, Potato Triangle, 2 Pork Sausage Links, Apple Juice	OCT 2  Dorito Walking Beef, Taco, Cheese, Lettuce, Salsa, Black Beans and Corn, Fresh Red Grapes	OCT 3 Macaroni and Cheese, Beef Dippers, Snap Peas and Carrots, Hummus, Fresh Strawberries	OCT 4  Pizza Hut Pizza Pepperoni/Cheese, Salad Bar, Fresh Fruit, Fruit Slushie
OCT 7 Tyson Chicken Tenders, Whipped Potatoes, Gravy, Green Beans, Ranch, Apple Slices	OCT 8 Eggo Confetti Pancakes, Cheese Omelet, Tator Tots, Fruit Choice 	OCT 9  Soft Large Pretzel Cheese Cup, Cukes and Celery, Hummus, Fruit Choice	OCT 10  <b>Emoji Day!</b> Mini Corn Dogs, Emoticon Potato Shapes, Carrots, Ranch, Emoji Fruit Slushie	OCT 11  <b>SCHOOL HOLIDAY</b>
OCT 14  <b>SCHOOL HOLIDAY</b>	OCT 15  <b>SCHOOL HOLIDAY</b>	OCT 16  <b>SCHOOL HOLIDAY</b>	OCT 17  <b>SCHOOL HOLIDAY</b>	OCT 18  <b>SCHOOL HOLIDAY</b>
OCT 21  Hot Dog on Bun, Fun Size Popcorn, Baked Beans, Strawberry Cup, Mini Vanilla Ice Cream Cup	OCT 22  Pillsbury Mini Cinnamon French Toast, Sausage Links, Potato Circles, Fruit Choice	OCT 23 Rotini Beef Pasta, Garlic Bread, Steamed Broccoli, Fruit Choice	OCT 24  Hamburger, Cheese, Lettuce Crinkle Fries, Fruit Choice, Mini Ice Cream Sandwich	OCT 25  Pizza Hut Pizza Pepperoni/Cheese, Salad Bar, Fresh Fruit, Fruit Slushie
OCT 28  Tyson Breaded "Dilly" Chicken Nuggets, Waffle Fries, Hawaiian Roll, Fruit Choice	OCT 29 Dutch Waffle, Whipped Cream, Strawberry cup, Potato Triangle, 2 Pork sausages, Apple Juice	OCT 30   <b>Cowboy Day</b> Pork Rib-Q with Biscuit Cowboy Beans, Trail Mix--Dried Apples and Granola, Fruit Choice	OCT 31 Breaded Chicken Tenders, Over waffle, Corn, Apple Slices	NOV 1  <b>1/2 DAY</b>

GO TO LUNCHAPP.COM TO APPLY FOR FREE/REDUCED LUNCH BENEFITS (CONVENIENT & CONFIDENTIAL). HOT LUNCH IS A PREPAY PROGRAM. YOU MAY DEPOSIT MONEY AT: SENDMONEYTOSCHOOL.COM OR DROP OFF A CHECK AT SCHOOL.

**BREAKFAST IN THE CLASSROOM 8:50 - 9:10am**

**MONDAY**  
 Yoplait "Go Big" Strawberry Low-fat Yogurt pouch, Strawberry Chex Mix snack, Mandarin Orange cup

**TUESDAY**  
 Whole Grain Donut, Fruit Choice, Juice

**WEDNESDAY**  
 Blueberry Muffin, Cheese Stick, Orange Wedges

**THURSDAY**  
 Bagel, Peanut Butter, Cheese Stick, Juice, Apple Slices

**FRIDAY**  
 Cereal Choice, Mini Muffin, Peach Cup

All breakfast are served with with 1% White Milk

**Breakfast is available to all students at NO CHARGE.**

**SALAD BAR with all meal options**

Romaine Mixed Greens, Cherry Tomatoes, Broccoli, Cauliflower, Carrots, Edamame Beans, Spinach, Corn.

**Other choices may include**  
 Cucumbers, Peppers, Snap Peas, Served with croutons, Cheese and Ranch, Italian & French Dressings.

