

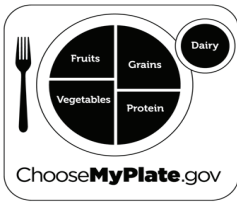
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Academy of Aerospace and Engineering

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 2 WG French Toast Sticks 240 Cal, 7g Fat, 38g Carb, 260mg Sod 1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod 2 Chicken Sausage Patty 160 Cal, 12g Fat, 0g Carb, 540mg Sod 1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Choice of Fresh Fruit Milk	3 Chicken Quesadilla 10" WG Tortilla 230Cal, 7g Fat, 36g Carb, 160mg Sod 1.5 oz. Savory Grilled Breast Fillet Strips 50 Cal, 1.25g Fat, 0.5g Carb, 260mg Sod 1/2 oz. Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod 2.5 oz. Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod 1 Salsa Dipping Cup 15Cal, 0g Fat, 5g Carb, 100mg Sod 1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod 1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 420mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit and Milk	4 WG Chicken Patty 210 Cal, 14g Fat, 12g Carb, 340mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 1/2 C Shred Romaine 4 Cal, 0g Fat, 1g Carb, 0mg Sod 1/4 C Diced Tomato 2.75 Cal, 0g Fat, 0.5g Carb, 0mg Sod 1 Honey Mustard Cup 80 cal, 6g Fat, 7g Carb, 125mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup
<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>
(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates	(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate	8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod 8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod 8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod	<i>Assorted snacks & beverages are available daily!</i>	Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk

Menu subject to change



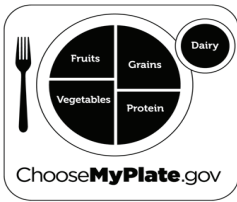
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7	8	9	10	11
5 WG Cheese Bites 350 Cal, 15g Fat, 35g Carb, 675mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod 6 Smile Potato Fries 195 Cal, 6.75g Fat, 30g Carb, 270mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	Chicken and Waffle Sandwich 4 WG Maple Chip Mini Waffles 160 Cal, 5g Fat, 28g Carb, 190mg Sod 2 WG Chicken Breast Fillets 240 Cal, 12.4g Fat, 10g Carb, 362mg Sod 1/2 C Seasoned Sweet Potato Fries 160 Cal, 7.5g Fat, 23g Carb, 210mg Sod 1/2 C Buffalo Cauliflower 17 Cal, 0g Fat, 3.5g Carb, 240mg Sod 1/2 C Applesauce 50 Cal, 0g Fat, 13g Carb, 10mg Sod 1 Honey Mustard Cup 80 Cal, 6g Fat, 7g Carb, 125mg Sod Or Choice of Fresh Fruit Milk	Early Release No Lunch	WG Multi Garlic French Bread Pizza 320 Cal, 15g Fat, 30g Carb, 580mg Sod 1/2 C Marinara 50 Cal, 0g Fat, 11g Carb, 170mg Sod Cape Cod Kettle Potato Chips 70 Cal, 3g Fat, 9g Carb, 42.5mg Sod 1/2 C Fresh Cucumber Slices 7 Cal, 0g Fat, 1.5 Carb, 0g Sod 1 Ranch Cup 70 Cal, 6g Fat, 5g Carb, 125mg Sod 1 C Pineapple Chunks 140 Cal, 0g Fat, 34 Carb, 20mg Sod or Choice of Fresh Fruit Milk	1 Whole Grain Cheese Lasagna Rollup 240 Cal, 6g Fat, 29g Carb, 390mg Sod 3 Meatballs 105 Cal, 6.75g Fat, 3g Carb, 217.5mg Sod 1 White Wheat Breadstick 110 Cal, 1g Fat, 21g Carb, 210mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Romaine w/ Tomato & Cucumber Salad with LF Italian Dressing 6 Cal, 0.1g Fat, 1.2g Carb, 26.25mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Fresh Fruit Milk
845 Cal	827 Cal		773.5 Cal	713 Cal
1375 Sod	1327 Sod		1127.5 Sod	1113.75 Sod
<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>
(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates	(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate			Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk
	8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod 8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod 8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod	<i>Assorted Salads and Sandwiches are available daily!</i>	<i>Assorted snacks & beverages are available daily!</i>	

Menu subject to change



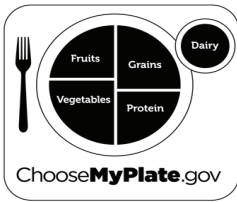
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<p>Pulled BBQ Chicken Sandwich 14 3 oz. Pulled Chicken 140 Cal, 8g Fat, 2g Carb, 480 mg Sod 1 Tbsp BBQ Sauce 30 Cal, 0g Fat, 7g Carb, 140 mg Sod WG Pillsbury French Bread 160 Cal, 4g Fat, 27g Carb, 240mg Sod 1/2 C Baked Beans 130 Cal, 0g Fat, 26g Carb, 140mg Sod 1/2 C Coleslaw 103 Cal, 8g Fat, 8.25g Carb, 200mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod Or Choice of Fresh Fruit Milk</p>	<p>Jamaican Style Beef Patty 15 350 Cal, 12g Fat, 53g Carb, 279mg Sod 1/2 C Seasoned Sweet Potato Fries 160 Cal, 7.5g Fat, 23g Carb, 210mg Sod 1oz Queso Blanco 61.5 Cal, 4.7g Fat, 1.3g Carb, 211mg Sod 1/2 C Steamed Broccoli 13 Cal, 0g Fat, 2g Carb, 10mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod Or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>Popcorn Chicken Bowl 16 10 WG Seasoned Popcorn Chicken 225 Cal, 8.75g Fat, 20g Carb, 675mg Sod 2.25 oz. Honey Whole Wheat Biscuit 190 Cal, 6g Fat, 30g Carb, 320mg Sod 1/2 C Mashed Potato 60Cal, .75g Fat, 12.75g Carb, 82.5mg Sod 1/2 C Green Beans 20 Cal, 0g Fat, 4g Carb, 5mg sod 1 oz. BBQ Cup 60 Cal, 0g Fat, 16g Carb, 120mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32 Carb, 10mg Sod or Fresh Fruit Milk</p>	<p>Steak & Cheese Grinder 17 4oz Shredded Steak 190 Cal, 6g Fat, 4g Carb, 330mg Sod 1/2oz American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2.5 oz Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod WG Grinder Roll 150 Cal, 1g Fat, 29g Carb, 280mg Sod 1/4 C (5) Onion Rings 200 Cal, 8g Fat, 28g Carb, 200mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod Or Fresh Fruit Milk 2 Ketchup</p>	<p>Fish and Chips 18 6 WG Potato Crunch Pollock Nuggets 360 Cal, 19.5g Fat, 30g Carb, 750mg Sod 1/2 C Regular Fries 110 Cal, 3.5g Fat, 17g Carb, 130mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 Package WG Cheddar Goldfish 100 Cal, 4g Fat, 14g Carb, 170mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Fresh Fruit Milk</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>				
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p>		<p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>		<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>
<p><i>Assorted Salads and Sandwiches are available daily!</i></p>			<p><i>Assorted snacks & beverages are available daily!</i></p>	
<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>				

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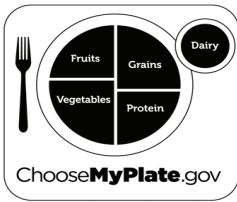
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<p>21</p> <p>Martin Luther King Jr Day</p>	<p>22</p> <p>Sausage, Egg, and Cheese Biscuit WG Maple Flavored Biscuit 200 Cal, 5g Fat, 33g Carb, 280mg Sod 1 Chicken Sausage Patty 80 Cal, 6g Fat, 0g Carb, 270mg Sod 1 Egg Patty 45 Cal, 3.5g Fat, 1g Carb, 95mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod Or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>23</p> <p>2 WG Chicken Breast Fillets 240 Cal, 12.4g Fat, 10g Carb, 362mg Sod 2 WG Slider Swirl Roll 200 Cal, 5g Fat, 34g Carb, 200mg Sod 1/2 C Regular Fries 110 Cal, 3.5g Fat, 17g Carb, 130mg Sod 1/2 C Celery Sticks 8 Cal, 0g Fat, 1.5g Carb, 40mg Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup</p>	<p>24</p> <p>Big Daddy's Four Cheese Pizza or 360 Cal, 13g Fat, 44g Carb, 640mg Sod Big Daddy's Buffalo Chicken Pizza 390 Cal, 19g Fat, 35g Carb, 750mg Sod 1/2 C Kidney Bean Salad 96.8 Cal, 0.1g Fat, 17.7g Carb, 155.7mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit Milk</p>	<p>25</p> <p>Chicken Bacon Cheeseburger Hamburger & 1 slice Chicken Bacon 145 Cal, 8.75g Fat, 1.5g Carb, 160mg Sod 1/2 oz. American Cheese 35 Cal, 2g Fat, 1g Carb, 105mg Sod WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Patties 260 Cal, 16g Fat, 28g Carb, 500mg Sod 1/2 C Shred Romaine 4 Cal, 0g Fat, 1g Carb, 0mg Sod 1/4 C Diced Tomato 2.75 Cal, 0g Fat, 0.5g Carb, 0mg Sod 1 C Pineapple Chunks 140 Cal, 0g Fat, 34 Carb, 20mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup</p>
<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>	<p><i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i></p>
<p>(1) PC Ketchup 10 Calories 25mg Sodium 0g Fat 3g Carbohydrates</p> <p>(1) Ranch Cup 70 Calories 125 mg Sodium 6g Fat 5g Carbohydrate</p>	<p>8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod</p> <p>8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod</p> <p>8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod</p>	<p><i>Assorted Salads and Sandwiches are available daily!</i></p>	<p><i>Assorted snacks & beverages are available daily!</i></p>	<p>Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
WG Personal Pan Pizza 370 Cal, 12g Fat, 35g Carb, 480mg Sod 7 Spudsters 157.5 Cal, 7g Fat, 21g Carb, 367.5mg Sod 1/2C Romaine Tomato Cucumber Salad 3 Cal, 0g Fat, 0.6g Carb, 13mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod or Choice of Fresh Fruit Milk 2 Ketchup	8 WG Chicken Nuggets 384 Cal, 19.2g Fat, 25.6g Carb, 688mg Sod 5 WG Breaded Onion Rings 200 Cal, 8g Fat, 28g Carb, 200mg Sod 3/4 C Fresh Cucumber Slices 10.5 Cal, 0g Fat, 2.25 Carb, 0g Sod 1 C Applesauce 100 Cal, 0g Fat, 26g Carb, 20mg Sod or Choice of Fresh Fruit Milk 3 Ketchup	2 WG French Toast Sticks 240 Cal, 7g Fat, 38g Carb, 260mg Sod 1 oz. Syrup Cup 80 Cal, 0g Fat, 20g Carb, 0mg Sod 2 Chicken Sausage Patty 160 Cal, 12g Fat, 0g Carb, 540mg Sod 1 Sunbelievable Sidekick 110 Cal, 0g Fat, 2g Carb, 25mg Sod 2 Package Baby Carrots 32 Cal, 0g Fat, 7.48g Carb, 70mg Sod 1 C Sliced Peaches 100 Cal, 0g Fat, 24g Carb, 10mg Sod or Choice of Fresh Fruit Milk	Chicken Quesadilla 10" WG Tortilla 230Cal, 7g Fat, 36g Carb, 160mg Sod 1.5 oz. Savory Grilled Breast Fillet Strips 50 Cal, 1.25g Fat, 0.5g Carb, 260mg Sod 1/2 oz. Cheddar Cheese 27.5 Cal, 2.25g Fat, 0g Carb, 45mg Sod 2.5 oz. Roasted Peppers & Onions 40 Cal, 1g Fat, 7g Carb, 115mg Sod 1 Salsa Dipping Cup 15Cal, 0g Fat, 5g Carb, 100mg Sod 1 Sour Cream Cup 50 Cal, 5g Fat, 1g Carb, 20mg Sod 1/2 C Black Beans 90 Cal, 0g Fat, 16g Carb, 420mg Sod 1 C Mandarin Oranges 120 Cal, 0g Fat, 28g Carb, 20mg Sod Or Choice of Fresh Fruit and Milk	WG Chicken Patty 210 Cal, 14g Fat, 12g Carb, 340mg Sod ¹ WG Hamburger Roll 130 Cal, 1.5g Fat, 24g Carb, 250mg Sod 2 Hash Brown Rounds 100 Cal, 3.5g Fat, 16g Carb, 105mg Sod 1/2 C Shred Romaine 4 Cal, 0g Fat, 1g Carb, 0mg Sod 1/4 C Diced Tomato 2.75 Cal, 0g Fat, 0.5g Carb, 0mg Sod 1 Honey Mustard Cup 80 cal, 6g Fat, 7g Carb, 125mg Sod 1 C Diced Pears 120 Cal, 0g Fat, 32g Carb, 10mg Sod Or Choice of Fresh Fruit Milk 3 Ketchup
<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>	<i>Assorted Salads and made to order Sandwiches/Wraps are available daily!</i>
(1) PC Ketchup (1) Ranch Cup 10 Calories 70 Calories 25mg Sodium 125 mg Sodium 0g Fat 6g Fat 3g Carbohydrates 5g Carbohydrate	8oz FF Chocolate Milk 120 Cal, 0g Fat, 21g Carb, 190mg Sod 8oz FF Strawberry Milk 120 Cal, 0g Fat, 21 Carb, 100mg Sod 8oz LF 1% White Milk 110 Cal, 2.5g Fat, 13g Carb, 130mg Sod	<i>Assorted Salads and Sandwiches are available daily!</i>	<i>Assorted snacks & beverages are available daily!</i>	Lunch Prices \$3.25-Paid \$0.40-Reduced \$0.50-Milk

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