



**October 2016
Academy for Urban Leadership**

**Our menus are aligned with the USDA's
"Healthier US School Challenge. "**

3 Spicy Chicken Sandwich Sweet Potatoes Spinach Salad Fresh Fruit or Fruit Cup	4 Hamburger/Cheeseburger Green Beans Carrots 100% Juice	5 Mac & Cheese Breadstick Sautéed Spinach Spinach Salad Fresh Fruit or Fruit Cup	6 Twin Tacos Black Beans Corn 100% Juice	7 Cheese Pizza Green Beans Romaine Salad Fresh Fruit or Fruit Cup
10 	11 Cheese Steak Sandwich Corn Carrots 100% Juice	12 Pasta w/ Meat Sauce Breadstick Sautéed Spinach Romaine Salad Fresh Fruit or Fruit Cup	13 Hot Dog on Bun Vegetarian Beans Carrots 100% Juice	14 Cheese Pizza Green Beans Romaine Salad Fresh Fruit or Fruit Cup
17 Fajita Chicken w/ Rice Glazed Carrots Spinach Salad Fresh Fruit or Fruit Cup	18 Chicken Parm Sandwich Peas Carrots 100% Juice	19 Mac & Cheese Breadstick Sautéed Spinach Spinach Salad Fresh Fruit or Fruit Cup	20 Crazy Nachos Refried Beans Carrots 100% Juice	21 Cheese Pizza Green Beans Spinach Salad Fresh Fruit or Fruit Cup
24 Chicken Patty Sandwich Sweet Potatoes Romaine Salad Fresh Fruit or Fruit Cup	25 Hot Dog on Bun Corn Carrots 100% Juice	26 Pasta w/ Meat Sauce Breadstick Sautéed Spinach Romaine Salad Fresh Fruit or Fruit Cup	27 Chicken Nuggets w/ Roll Vegetarian Beans Carrots 100% Juice	28 Cheese Pizza Green Beans Spinach Salad Fresh Fruit or Fruit Cup
31 Monster Meatball Sub Carrots Romaine Salad Fresh Fruit or Fruit Cup				

Menu is Subject to Change

Available Daily:
Tuna Sandwich
Turkey & Cheese Sandwich
Ham & Cheese Sandwich
Cheese Sandwich
PB& J
Veggie Burger
Chicken Caesar Salad

Offered Daily w/ Reimbursable Lunch:
Fresh Fruit or Fruit Cup
Hot and/or Chilled Vegetables
Low Fat & Fat Free milk

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