Sojourner Truth Academy

AUGUST/SEPTEMBER

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree, Sandwich of the Day Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach Low Fat Dressing/Dip Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup Variety of Milk, including Skim

	Monday	Tuesday	Wednesday	Thursday	Friday
Veek 1	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26
Main	Chicken Shawarma	Cheesy Breadsticks	Sloppy Joe	Chicken Fajita Rice Bowl	Swedish Meatballs
	Steamed Rice	Marinara Sauce	Baked Beans		Mashed Potatoes & Rol
	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk
Veek 2	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2
Main	BBQ Chicken on Bun	Mac & Cheese	Salisbury Steak	•	Pasta w/ Meatsauce
Maili			,	Orange Chicken	
	Baked Beans	Soft Breadstick	Steamed Corn & Corn Bread	Steamed Rice	Dinner Roll
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mi
				_	
Veek 3	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9
Main		Cheese Lasagna	Beef Nachos	Marinated Chicken Leg	Chicken Alfredo
		Soft Breadstick	Pinto Beans	Yellow Rice	Dinner Roll
]	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mi
	labara				
	Labor Day				
	1				
Veek 4	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16
Main	Turkey Enchilada Bake	Cheesy Breadsticks	BBQ Chicken Leg	Teriyaki Chicken Bowl	Meatball Hoagie
	Pinto Beans	Marinara Sauce	Corn Bread & Steamed Corn		
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mi
Veek 5	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23
Main	Sloppy Joe	Mac & Cheese	Tandoori Chicken Leg	Chicken Nachos	Pasta w/ Meatballs
	Baked Beans	Soft Breadstick	Steamed Rice	Corn Salsa	Soft Breadstick
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Mi
				,	33
Veek 6	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30
Main	BBQ Chicken on Bun	Beef & Cheese Lasagna	Chicken Philly Hoagie	Beef Enchilada Bake	Chicken Mostaccioli
	Potato Wedges	Soft Breadstick	Pinto Beans		Dinner Roll
	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Mi
			,		,
	MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products. All Done Right Food meals are Pork-Free.		Done Right Food School & Event Catering Services	Our Commitment "Healthy Food, Healthy Message" We provide wholesome, delicious, real food that helps teach the right message to children. ANY QUESTIONS? CONTACT: School Office or	
	This institution is an equal opportunity provider.			DONE RIGHT FOOD @ 763-789-4493 or www.donerightfood.com	