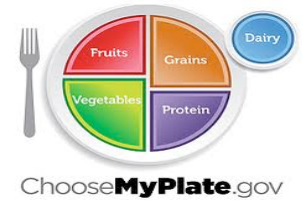





**CHESTER COUNTY FAMILY ACADEMY  
CYCLE MENU WEEK 1  
AUGUST 27, 2018 TO FEBRUARY 8, 2019**


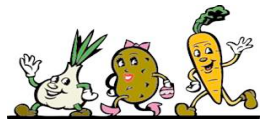


	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Choices of Non Fat Chocolate or 1 % 8 oz. Unflavored MILK SERVED W/ BREAKFAST & LUNCH	
	BREAKFAST	LUNCH	PM SNACK
<b>MONDAY</b> <b>27-Aug</b> <b>24-Sep</b> <b>22-Oct</b> <b>19-Nov (NS)</b> <b>17-Dec</b> <b>14-Jan</b>	Apple Juice (4oz.) 1 W.G. Cinnamon Toast Crunch 1 Yogurt (4 oz.) Apple Sauce Cup (4.5 oz.) Milk Variety ( 8 oz.)	W.G. Popcorn Chicken (10 ea.) Baby Carrots w/Dip (2.6 oz.) W.G. Macaroni and Cheese (1/2 Cup) Crunchy Broccoli Florets (1/4 Cup) Peach Cup (4.5 oz. Cup) Milk Variety ( 8 oz.)	W.G. Doritos R.F. (1 oz.) Orange Juice (8 oz.) 
<b>TUESDAY</b> <b>28-Aug</b> <b>25-Sep</b> <b>23-Oct</b> <b>20-Nov (NS)</b> <b>18-Dec</b> <b>15-Jan</b>	Apple Juice (4oz.) 1 W.G. Cinnamon Roll (1.5oz.) Raisins (1.5 oz.) Milk Variety ( 8 oz.)	W.G. Pastry Mozzarella Sticks (2) Potato Smiles (4 units) Celery Sticks (3 Sticks) w/Dip Mandarin Oranges (1/2 Cup) Milk Variety ( 8 oz.)	W.G. Goldfish Pretzels (.75 oz.) Milk Variety (8 oz.)
<b>WEDNESDAY</b> <b>29-Aug</b> <b>26-Sep</b> <b>24-Oct</b> <b>21-Nov (NS)</b> <b>19-Dec</b> <b>16-Jan</b>	Apple Juice (4oz.) 1/2 W.G. Bagel with (1/2 oz.) Soy Butter & Jelly Pineapple Tidbits (1/2 Cup) Milk Variety ( 8 oz.)	W.G. Elbow Macaroni (1 C) W/Spaghetti Sauce (2 oz.) & Meatballs (3) Baby Carrots (2.6 oz.) w/Dip Apple Wedges (2 oz.) Milk Variety ( 8 oz.)	W.G. ABC Cookies (1 oz.) Milk Variety (8 oz.)
<b>THURSDAY</b> <b>30-Aug</b> <b>27-Sep</b> <b>25-Oct</b> <b>22-Nov (NS)</b> <b>20-Dec</b> <b>17-Jan</b>	Apple Juice (4oz.) 2 W.G. Pancakes w/Syrup Craisins (1.6 oz.) Milk Variety (8 oz.)	Turkey (1.5 oz.) & Cheese (1 Sl) on a W.G. Slider Potato Puffs (1/2 Cup = 8 Units) Crunchy Broccoli Florets (1/4 Cup) Orange Wedges (8 Sections = 1 ea) Milk Variety ( 8 oz.)	Yogurt (4 oz.) Milk Variety (8 oz.)
<b>FRIDAY</b> <b>31-Aug (NS)</b> <b>28-Sep</b> <b>26-Oct</b> <b>23-Nov (NS)</b> <b>21-Dec</b> <b>18-Jan</b>	Apple Juice (4oz.) 1 W.G. Coco Puff Cereal 1 Petite Banana Milk Variety ( 8 oz.) 	Beef Taco Crumbles (2.5 oz.) on a 8" Wrap Black Beans (1/2 Cup) Shredded Lettuce (1/2 Cup) Salsa (1/4 Cup) Baked Apple Slices (1/2 Cup) Milk Variety (8 oz.)	Orange Juice (8oz.) Honey Roasted Sunflower Seeds (1oz.) 

**CHESTER COUNTY FAMILY ACADEMY  
CYCLE MENU WEEK 2  
AUGUST 27, 2018 TO FEBRUARY 8, 2019**

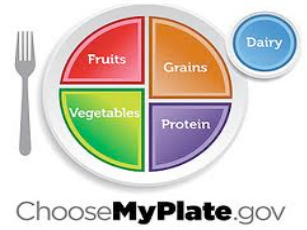






NS = NO SCHOOL  
LD = LAST DAY  
SM = SPECIAL MENU

	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Choices of Non Fat Chocolate or 1 % 8 oz. Unflavored MILK SERVED W/ BREAKFAST & LUNCH	
	BREAKFAST	LUNCH	PM SNACK
<b>MONDAY</b> <b>3-Sep (NS)</b> <b>1-Oct</b> <b>29-Oct</b> <b>26-Nov</b> <b>24-Dec (NS)</b> <b>21-Jan (NS)</b>	Apple Juice (4oz.) 1 W.G. Cinnamon Roll (1.5 oz.) 1 Yogurt (4 oz.) Apple Sauce Cup (4.5 oz.) Milk Variety ( 8 oz.)	Chili Con Carne (1/2 Cup) Fiesta Brown Rice (1/2 Cup) Green Beans (1/2 Cup) W.G. Corn Bread (1.8 oz.) Mandarin Oranges (1/2 Cup) Milk Variety ( 8 oz.)	Orange Juice (8oz.) W.G. Goldfish Crackers (1 Bag .75 oz.)
<b>TUESDAY</b> <b>4-Sep</b> <b>2-Oct</b> <b>30-Oct</b> <b>27-Nov</b> <b>25-Dec (NS)</b> <b>22-Jan</b>	Apple Juice (4oz.) 1. W.G. R.F. Banana Muffin (2 oz.) Raisins (1.5 oz.) Milk Variety ( 8 oz.)	W.G. Mickey's Pizza Wedge Shredded Lettuce (1/8 C) & Carrots (1/4 C) w/Dressing Potato Puffs (1/2 Cup = 8 Units) Strawberry Cup (1/2 Cup or 4.5 oz.) Milk Variety (8 oz.)	1 oz. String Cheese Milk Variety (8 oz.)
<b>WEDNESDAY</b> <b>5-Sep</b> <b>3-Oct</b> <b>31-Oct</b> <b>28-Nov</b> <b>26-Dec (NS)</b> <b>23-Jan</b>	Apple Juice (4oz.) 1/2 W.G. Bagel with (1/2 oz.) Soy Butter & Jelly Pineapple Tidbits (1/2 Cup) Milk Variety ( 8 oz.)	Breaded Mozzarella Sticks (5) Pizza Sauce (1/4 Cup) Crunchy Broccoli Florets (1/2 Cup) Apple Wedges (2 oz.) Milk Variety ( 8 oz.)	Yogurt (4 oz.) Milk Variety (8 oz.)
<b>THURSDAY</b> <b>6-Sep</b> <b>4-Oct</b> <b>1-Nov</b> <b>29-Nov</b> <b>27-Dec (NS)</b> <b>24-Jan</b>	Apple Juice (4oz.) 2 W.G. Pancakes w/Syrup Craisins (1.6 oz.) Milk Variety ( 8 oz.) 	1 Taco Meat w/Beans (1/2 C #8) on 8" Wrap Shredded Lettuce (1/4 Cup) Black Beans (1/4 Cup) Salsa (1/4 Cup) Orange Wedges (8 Sections = 1 Ea.) Milk Variety ( 8 oz.)	W.G. Cool Ranch Doritos (1 oz.) Orange Juice (8 oz.)
<b>FRIDAY</b> <b>7-Sep</b> <b>5-Oct (NS)</b> <b>2-Nov</b> <b>30-Nov</b> <b>28-Dec (NS)</b> <b>25-Jan</b>	Apple Juice (4oz.) 1 W.G. Coco Puff Cereal 1 Petite Banana Milk Variety ( 8 oz.)	<b>BRUNCH FOR LUNCH</b> W.G. French Toast Sticks (3) Potato Wedges (1/4 Cup = 2 oz.) Baby Carrots (2.6 oz.) w/Dip Baked Apple (1/2 Cup) Milk Variety ( 8 oz.)	W.G. Cinnamon Toast Crunch Cereal Bar (1.42 oz.) Milk Variety (8 oz.) 

**CHESTER COUNTY FAMILY ACADEMY  
CYCLE MENU WEEK 3  
AUGUST 27, 2018 TO FEBRUARY 8, 2019**

NS = NO SCHOOL  
LD = LAST DAY  
SM = SPECIAL MENU







	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Choices of Non Fat Chocolate or 1 % 8 oz. Unflavored MILK SERVED W/ BREAKFAST & LUNCH	
	BREAKFAST	LUNCH	PM SNACK
<b>MONDAY</b> <b>10-Sep</b> <b>8-Oct</b> <b>5-Nov</b> <b>3-Dec</b> <b>31-Dec (NS)</b> <b>28-Jan</b>	Apple Juice (4oz.) 1 W.G. Frosted Flakes Cereal 1 Yogurt (4oz.) Apple Sauce Cup (4.5 oz.) Milk Variety ( 8 oz.)	Meatballs (3) on a W.G. Hot Dog Roll w/Spaghetti Sauce (1/4 Cup) Baby Carrots (2.6 oz. Bag) w/Dip Peach Cup (1/2 Cup) Milk Variety ( 8 oz.)	1 Low Fat Mozzarella String Cheese (1 oz.) Milk Variety (8 oz.)  
<b>TUESDAY</b> <b>11-Sep</b> <b>9-Oct</b> <b>6-Nov</b> <b>4-Dec</b> <b>1-Jan (NS)</b> <b>29-Jan</b>	Apple Juice (4oz.) 1 W.G. Low Fat Pop Tart (1.76 oz.) Raisins (1.5 oz.) Milk Variety ( 8 oz.)	W.G. Pastry Mozzarella Sticks (2) Pizza Sauce (1/4 Cup) Shredded Lettuce Salad w/Dressing (1/2 C) Potato Smiles (4 units) Apple Sauce Cup (4.5 oz.) Milk Variety (8 oz.)	W.G. Animal Crackers (1 oz.) Milk Variety (8 oz.)
<b>WEDNESDAY</b> <b>12-Sep</b> <b>10-Oct</b> <b>7-Nov</b> <b>5-Dec</b> <b>2-Jan</b> <b>30-Jan</b>	Apple Juice (4oz.) 1 W.G. Corn Muffin (1.8 oz.) w/ Jelly Pineapple Tidbits (1/2 Cup) Milk Variety ( 8 oz.)  	W.G. Popcorn Chicken (10 Ea.) Fiesta Brown Rice (2 oz.) #16 Crunchy Broccoli Florets (1/4 Cup) Baby Carrots (2.6 oz.) w/Dip Mandarin Oranges (1/2 Cup) Milk Variety ( 8 oz.)	W.G. Cool Ranch Doritos (1 oz.) Orange Juice (8 oz.)
<b>THURSDAY</b> <b>13-Sep</b> <b>11-Oct</b> <b>8-Nov</b> <b>6-Dec</b> <b>3-Jan</b> <b>31-Jan</b>	Apple Juice (4oz.) 2 W.G. Pancakes w/Syrup Craisins (1.6 oz.) Milk Variety ( 8 oz.)	Hamburger on a W.G. Slider Roll Baked Beans (1/2 Cup) #6 Cucumbers w/Dip (1/4 Cup) Apple Wedges ( 2 oz.) Milk Variety ( 8 oz.)	Soft W.G. Pretzel (1/2.2 oz.) with Mustard Orange Juice (8oz.)  
<b>FRIDAY</b> <b>14-Sep</b> <b>12-Oct</b> <b>9-Nov</b> <b>7-Dec</b> <b>4-Jan</b> <b>1-Feb</b>	Apple Juice (4oz.) 1 W.G. English Muffin w/Jelly 1 Petite Banana Milk Variety ( 8 oz.)  	W.G. Macaroni (1 Cup) with Meat Sauce (6 oz.) Romaine Salad w/Dressing (1/2 Cup) Orange Wedges (8 Sections =1 Ea.) Milk Variety ( 8 oz.)	W.G. Goldfish Pretzels (.75 oz.) Milk Variety (8 oz.)

**CHESTER COUNTY FAMILY ACADEMY  
CYCLE MENU WEEK 4  
AUGUST 27, 2018 TO FEBRUARY 8, 2019**

NS = NO SCHOOL  
LD = LAST DAY  
SM = SPECIAL MENU

**FIELD TRIP MENU**

Soy Butter & Jelly Sandwich  
(2 Tbsp Soy Butter) #30  
1oz of Cheese, on Ice  
Baby Carrots (2-2.6oz.) Apple Wedges  
Apple Juice (4 oz.), Milk (8 oz.)

	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Choices of Non Fat Chocolate or 1 % 8 oz. Unflavored MILK SERVED W/ BREAKFAST & LUNCH	
	BREAKFAST	LUNCH	PM SNACK
<b>MONDAY</b> 17-Sep 15-Oct 12-Nov 10-Dec 7-Jan 4-Feb	Apple Juice (4oz.) 1 W.G. Frosted Flakes Cereal 1 Yogurt (4 oz.) Apple Sauce Cup (4.5 oz.) Milk Variety ( 8 oz.)	W.G. Chicken Patty on W.G. Slider Roll Crunchy Broccoli Florets (3/4 Cup) Pineapple Tibits (1/2 Cup) Milk Variety ( 8 oz.)	Orange Juice (8 oz.) W.G. Goldfish Crackers (.75 oz.) 
<b>TUESDAY</b> 18-Sep 16-Oct 13-Nov 11-Dec 8-Jan 5-Feb	Apple Juice (4oz.) 1 W.G. Coco Puff Cereal Raisins (1.5 oz.) Milk Variety ( 8 oz.) 	W.G. 5" Round Pizza Cucumbers w/Dip (1/4 Cup) Potato Smiles (4 units) Peach Cup (4.5 oz.) Milk Variety (8 oz.)	<b>Birthday Celebration</b> WG Bug Bite Graham Crackers (1 oz.) Ice Cream Cup (4 oz.) Milk Variety ( 8 oz.)
<b>WEDNESDAY</b> 19-Sep (NS) 17-Oct 14-Nov 12-Dec 9-Jan 6-Feb	Apple Juice (4oz.) 1/2 W.G. Bagel w/(1/2 oz.) Soy Butter & Jelly Pineapple Tidbits (1/2 Cup) Milk Variety ( 8 oz.)	French Toast Sticks (3) Baby Carrots (2.6 oz.) w/Dip Refried Beans (1/4 Cup) Mandarin Cup (1/2 Cup) Milk Variety ( 8 oz.)	Yogurt (4 oz.) Milk Variety (8 oz.)
<b>THURSDAY</b> 20-Sep 18-Oct 15-Nov 13-Dec 10-Jan 7-Feb	Apple Juice (4oz.) 2 W.G. Pancakes w/Syrup Craisins (1.6 oz.) Milk Variety ( 8 oz.)	W.G. Chicken Quesadilla Sweet Corn (1/2 Cup) Salsa (1/4 Cup) Orange Wedges (8 Sections = 1 ea.) Milk Variety ( 8 oz.)	1 Light String Cheese Stick (1 oz.) Milk Variety (8 oz.) 
<b>FRIDAY</b> 21-Sep 19-Oct 16-Nov 14-Dec 11-Jan 8-Feb	Apple Juice (4oz.) 6 W.G. Mini Donuts 1 Petite Banana Milk Variety ( 8 oz.) 	Chipsteak (2.25 oz. #12) on a W.G. Slider Roll Shredded Lettuce (1/2 Cup) with Shredded Carrots (1/4 Cup) w/Dressing Refried Beans (1/4 Cup) Blueberry Cup (1/2 Cup) Milk Variety ( 8 oz.)	W.G. Giant Goldfish Crackers (1 pack of 2 = .9 oz.) Milk Variety (8 oz.)