



The ACADEMIES

Sycamore Valley & Blue Oak Academy
Breakfast & Lunch Menu
October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Pancakes Choice of Fruit
				Bean & Cheese Burrito Romaine Salad Produce Stand
4 Apple Cinnamon Muffin Topper Choice of Fruit	5 Biscuit & Chicken Sausage Choice of Fruit	6 Cinnamon Loaf Choice of Fruit	7 Ham & Cheese Sandwich Choice of Fruit	8 NO SCHOOL
Chicken & Cheese Quesadilla Produce Stand	Orange Chicken Rice Bowl Produce Stand	<u>Breakfast 4 Lunch</u> Eggo Mini Waffles Chicken Sausage Bites Tater Tots Produce Stand	Tostada Boat Shredded Lettuce Savory Beans Produce Stand	
11 NO SCHOOL	12 French Toast Sticks Choice of Fruit	13 Yogurt & Grahams Choice of Fruit	14 Breakfast Bites Choice of Fruit	15 Cinnamon Square Choice of Fruit
	Chicken Penne & White Sauce Produce Stand	Nacho Pocket Savory Beans Produce Stand	Chicken Fries Cowboy Bread Produce Stand	Grilled Cheese Sandwich Romaine Salad Produce Stand
18 Pancake/Syrup Chicken Sausage Patty Choice of Fruit	19 Mini Pizza Bagels Choice of Fruit	20 Sunrise Rolled Taco Choice of Fruit	21 Breakfast Pizza Choice of Fruit	22 Pan Dulce Choice of Fruit
Beef and Cheese Rolled Taco Savory Beans Produce Stand	Chicken Meatballs Dinner Roll Gravy/Mashed Potatoes Produce Stand	<u>Breakfast 4 Lunch</u> Mini Pancakes Chicken Sausage Tater Tots Produce Stand	Teriyaki Beef Rice Bowl Grahams Produce Stand	Cheese Pizza Romaine Salad Produce Stand
25 Pancake Sausage Sandwich Choice of Fruit	26 Blueberry Muffin Choice of Fruit	27 Cinnamon Toast Choice of Fruit	28 Breakfast Tornado Choice of Fruit	29 Cinnamon Pancakes Choice of Fruit
Mini Corn Dogs Baked Beans Produce Stand	Turkey and Gravy Dinner Roll Mashed Potatoes Produce Stand	Chicken Burger Produce Stand	Chili Beans Cornbread Muffin Produce Stand	Cheese Pizza Pocket Romaine Salad Fall Cookie Produce Stand

Choice of cereal offered daily for breakfast. Each meal served with low fat milk. *May contain pork.

Menu items are subject to change.

Students must select a minimum of 3 items at each meal and one must be a fruit/juice or vegetable.

2021-22 SY

All schools will operate under the Seamless Summer Program. Under this program, all students receive breakfast and lunch at No Cost.

“This institution is an equal opportunity provider.”