



# Progeny Academy Lunch Menu

## November 2023

\*All menu items are subject to change.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		Salisbury Steak in a Beef Gravy Mashed Potatoes Fresh Broccoli Red Apple Slice of W.G. Bread Milk  Veg - brown rice + beans	White Chicken Chili with Beans Sliced Cucumbers Red Grapes W.G. Garlic Bread Stick Milk  Veg - bean chili	<b>Pizza Day</b>
W.G. Chicken Tenders Baby Carrots Red Apple Sun Chips Milk  Veg - cheese sandwich	Sliced Chicken Alfredo with W.G. Penne Pasta Mixed Green Salad with French Dressing Pineapple Chunks W.G. Garlic Bread Stick Milk  Veg - pasta marinara	Swedish Meatballs Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk  Veg - brown rice + beans	Chicken Wild Rice Hot Dish Sliced Zucchini Red Grapes W.G. Garlic Bread Stick Milk  Veg - vegetable rice soup	<b>Pizza Day</b>
BBQ Chicken on a W.G. Bun Baby Carrots Fresh Pear Tortilla Chips Milk  Veg - cheese sandwich	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk  Veg - brown rice + beans	W.G. Lasagna Rolls Meat Sauce and Cheese Mixed Green Salad with Creamy Italian Dressing Sliced Peaches W.G. Garlic Bread Stick Milk  Veg - pasta marinara	Chicken Breast on a W.G. Bun Slice of White Cheese Baked Beans Red Apple Sun Chips Milk  Veg - bbq beans on a w.g. bun	<b>Pizza Day</b>
W.G. Chicken Patty on a W.G. Bun Baby Carrots Red Apple Nacho Cheese Doritos Milk  Veg - veg patty on a w.g. bun	W.G. Cheese Pizza Mixed Green Salad with Creamy Italian Dressing Fresh Pear Milk	<b>Closed</b>	<b>Thanksgiving Closed</b>	<b>Closed</b>
W.G. Chicken Nuggets Baby Carrots Pineapple Chunks Sun Chips Milk  Veg - cheese sandwich	Beef Stroganoff with W.G. Penne Pasta Mixed Green Salad with French Dressing Banana W.G. Garlic Bread Stick Milk  Veg - pasta marinara	W.G. Chicken Corn Dog Fresh Broccoli Creamy Macaroni Salad Red Apple Milk  Veg - vegetable rice soup	Cheese Burger on a W.G. Bun Cowboy Beans Fresh Cauliflower Sliced Peaches Milk  Veg - veg patty on a w.g. bun	

### Sandwich Option

**Monday - Turkey + Cheddar on a W.G. Bun**

**Tuesday - Turkey Ham+ Swiss on a W.G. Bun**

**Wednesday - Turkey Cold Cut Sub on a W.G. Bun**

**Thursday - Turkey Ham + Cheddar on a W.G. Bun**

**Friday - Turkey + Swiss on a W.G. Bun**

**\*All sandwiches served With fruit & vegetable of the day.**

### Salad Options

**Monday - Chef Salad**

**Tuesday - Beef Taco Salad**

**Wednesday - Cranberry Chicken Salad**

**Thursday - Chicken Caesar Salad**

**Friday - Beef Taco Salad**

**\* All salads served with breadstick and fruit of the day.**