



Progeny Academy Lunch Menu

November 2023

*All menu items are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.**

		Salisbury Steak in a Beef Gravy Mashed Potatoes Fresh Broccoli Red Apple Slice of W.G. Bread Milk Veg - brown rice + beans	1	White Chicken Chili with Beans Sliced Cucumbers Red Grapes W.G. Garlic Bread Stick Milk Veg - bean chili	2	Pizza Day	
W.G. Chicken Tenders Baby Carrots Red Apple Sun Chips Milk Veg - cheese sandwich	6	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	7	Swedish Meatballs Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk Veg - brown rice + beans	8	Chicken Wild Rice Hot Dish Sliced Zucchini Red Grapes W.G. Garlic Bread Stick Milk Veg - vegetable rice soup	Pizza Day
BBQ Chicken on a W.G. Bun Baby Carrots Fresh Pear Tortilla Chips Milk Veg - cheese sandwich	13	Meatloaf Baked in a Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - brown rice + beans	14	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	15	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	Pizza Day
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	20	W.G. Cheese Pizza Mixed Green Salad with Creamy Italian Dressing Fresh Pear Milk	21	22	23	24	Closed
							Thanksgiving Closed
W.G. Chicken Nuggets Baby Carrots Pineapple Chunks Sun Chips Milk Veg - cheese sandwich	27	Beef Stroganoff with W.G. Penne Pasta Mixed Green Salad with French Dressing Banana W.G. Garlic Bread Stick Milk Veg - pasta marinara	28	W.G. Chicken Corn Dog Fresh Broccoli Creamy Macaroni Salad Red Apple Milk Veg - vegetable rice soup	29	Cheese Burger on a W.G. Bun Cowboy Beans Fresh Cauliflower Sliced Peaches Milk Veg - veg patty on a w.g. bun	30