

## 21 day sample Lunch Menu Grades K-8

<p>4 oz Fish Patty  <math>\frac{1}{4}</math> c Mac &amp; Cheese  <math>\frac{3}{4}</math> c Green Beans  <math>\frac{1}{2}</math> c Diced Pears  8 oz Milk</p>	<p>4 oz Corn dogs  <math>\frac{3}{4}</math> c California Blend Veggie  1 Apple  8oz. Milk</p>	<p><math>\frac{1}{2}</math> c Elbow Pasta with  1 oz Meatballs  3pp  <math>\frac{1}{4}</math> c Joe Joe's Famous tomato sauce  1 c Side Salad  2 oz Garlic bread stick  1 Banana</p>	<p>3 oz Mcgonigles Beef  3 oz Nacho Cheese  4 oz Tortilla Chips  <math>\frac{3}{4}</math> c Refried beans  <math>\frac{1}{2}</math> c Fruit Cocktail  8 oz Milk</p>	<p>Westport Flea Market 3oz Burger  <math>\frac{3}{4}</math> c Green Beans  2 oz W Wheat Slider  <math>\frac{1}{2}</math> c Pears  8 oz Milk</p>
<p>3 oz Chicken Fingers  <math>\frac{3}{4}</math> c Diced Carrots  <math>\frac{1}{2}</math> c Tropical Fruit  8 oz Milk</p>	<p>Sloppy Joes made with Mcgonigles Beef <math>\frac{1}{2}</math> c  <math>\frac{3}{4}</math> c Sweet Corn  <math>\frac{1}{2}</math> c Pasta Salad  2 oz W Wheat Slider  1 orange  8 oz Milk</p>	<p>4 oz Joe Joes Homemade Meat Lasagna  <math>\frac{3}{4}</math> c Broccoli  <math>\frac{1}{2}</math> c Side Salad  <math>\frac{1}{2}</math> c Sliced Peaches  2 oz Garlic Bread  8 oz Milk</p>	<p>3 oz Meatloaf  4 oz Corn on the cob  2 oz W Wheat roll  <math>\frac{3}{4}</math> c Roasted Red Potatoes  1 Apple  8 oz Milk</p>	<p>5 oz Beef Chili w Beans  <math>\frac{3}{4}</math> c Mixed Vegetables  2 oz Crackers  2 oz Cheese Stick  8 oz Milk</p>
<p>3 oz Beef Burrito  2 oz Spanish Rice  <math>\frac{3}{4}</math> c Refried Beans  <math>\frac{1}{2}</math> c Apple Sauce  8 oz Milk</p>	<p>3 oz Meatball Grinder  2 oz Hoagie Bun  <math>\frac{3}{4}</math> c Peas &amp; Carrots  <math>\frac{1}{2}</math> c Tropical Fruit</p>	<p><math>\frac{1}{2}</math> c Penne Pasta W  4 oz Meat sauce  <math>\frac{3}{4}</math> c Sliced Carrots  W 1 oz Ranch  <math>\frac{1}{2}</math> c Italian salad  <math>\frac{1}{2}</math> c Sliced peaches  8 oz Milk</p>	<p>3 oz Lemon Chicken  2 oz Wild Rice  <math>\frac{3}{4}</math> c Green Beans  <math>\frac{1}{2}</math> c Fruit Cocktail  8 oz Milk</p>	<p>2 oz Hot dog  2 oz Hot Dog Bun  <math>\frac{3}{4}</math> c Green Beans  4oz Raisins  8 oz Milk</p>
<p>3 oz Turkey  2 oz W Wheat Bread  1 oz Cheddar  2 oz Sun Chips  <math>\frac{3}{4}</math> c Broccoli  <math>\frac{1}{2}</math> c Tropical Fruit</p>	<p>3 oz Chicken Pattie  <math>\frac{3}{4}</math> c Mixed Veggie  2oz Mashed Pot  2 oz White Gravy  2 oz W Wheat Roll  1 Banana  8 oz Milk</p>	<p>2 oz Bosco Stick  <math>\frac{3}{4}</math> c Cali Blend Veggie  <math>\frac{1}{2}</math> c Side Salad  1 Apple  8 oz Milk</p>	<p>4 oz Chicken Nuggets  <math>\frac{1}{2}</math> c Potato Salad  <math>\frac{1}{2}</math> c Carrots w Ranch  <math>\frac{1}{2}</math> c Pears  8 oz Milk</p>	<p>3 oz BBQ Chicken  2 oz W Wheat Bun  <math>\frac{3}{4}</math> c Sweet Corn  <math>\frac{1}{2}</math> c Pineapple  8 oz Milk</p>
<p>3 oz Mcgonigles Beef  3 oz Nacho Cheese  4 oz Tortilla Chips  <math>\frac{3}{4}</math> c Refried beans  <math>\frac{1}{2}</math> c Fruit Cocktail  8 oz Milk</p>				

## 21 Day Sample Breakfast Menu Grades K-8

1 oz Whole grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8oz Milk	4 oz Berry yogurt 2 oz Banana Muffin 2 oz Apple Sauce 4 oz Juice 8 oz Milk	3 oz Scrambled Eggs 2 oz Turkey Sausage 1 Banana 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Peaches 4 oz Juice 8oz Milk	1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 1 Banana 4 oz Juice 8oz Milk	2 oz Breakfast Burrito 1 oz Salsa 1 Apple 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Pineapple juice milk	1 oz WW Biscuit 2 oz Turkey Sausage Gravy 1 orange 4 oz Juice 8 oz Milk	1 oz Whole grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk	2 oz Pancakes 2 oz Turkey Sausage 2 oz Pears 4 oz Juice 8 oz milk	2 oz WW Bagel 1 oz Cream Cheese 4 oz Yogurt 2 oz Tropical Fruit 8oz Milk	2 oz WW English Muffin 1 oz Egg Patty 2 oz Turkey Sausage Pattie 1 apple 4 oz Juice 8 oz Milk	1 oz Whole grain Cereal 1 Banana 4 oz Juice 8oz Milk

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4 oz Berry yogurt 2 oz Mini muffin 2 oz Pears 4 oz Juice 8 oz Milk	2 oz Scrambled Eggs 2 oz Hash Browns 1 oz Biscuits 1 orange 4 oz Juice 8 oz Milk	2 oz Blueberry Muffin 2 oz mixed Fruit 4 oz Juice 8 oz Milk	1 oz WW Biscuit w/ 2 oz Turkey Sausage Gravy 1 Apple 4 oz Juice 8 oz Milk	1 oz Whole grain Cereal 2 oz Tropical Fruit 4 oz Juice 8oz Milk
1 oz Whole grain Cereal 2 oz Pineapple 4 oz Juice 8oz Milk				



## 21 Day Sample Lunch Menu Grades 9-12

<p>4 oz Fish Patty ¼ c Mac &amp; Cheese 1 c Green Beans 1 c Diced Pears 8 oz Milk</p>	<p>2- 4 oz Corn dogs 1 c California Blend Veggie 1 Apple 8oz. Milk</p>	<p>1 c Elbow Pasta with 3 -2 oz Meatballs ½ c Joe Joe's Famous tomato sauce 1 ½ c Side Salad 2 oz Garlic bread stick 1 Banana</p>	<p>4 oz Mcgonigles Beef 3 oz Nacho Cheese 6 oz Tortilla Chips 1 c Refried beans 1 c Fruit Cocktail 8 oz Milk</p>	<p>Westport Flea Market 5 oz Burger 1 c Green Beans 4 oz W Wheat Slider 1 c Pears 8 oz Milk</p>
<p>5-1 oz Chicken Fingers ¾ c Diced Carrots 1 c Tropical Fruit 8 oz Milk</p>	<p>Sloppy Joes 5 oz Mcgonigles Beef 1 c Sweet Corn ½ c Pasta Salad 5 oz W Wheat Slider 1 orange 8 oz Milk</p>	<p>6 oz Joe Joes Homemade Meat Lasagna 1 c Broccoli ½ c Side Salad 1 c Sliced Peaches 2 oz Garlic Bread 8 oz Milk</p>	<p>2- 3 oz Meatloaf 1 Corn on the cob 2 oz W Wheat roll 1 c Roasted Red Potatoes 1 Apple 8 oz Milk</p>	<p>8 oz Beef Chili w Beans 1 c Mixed Vegetables 2 oz Crackers 2 oz Cheese Stick 1 c Mandarin Oranges 8 oz Milk</p>
<p>2- 3 oz Beef Burrito 4 oz Spanish Rice 1 c Refried Beans 1 c Apple Sauce 8 oz Milk</p>	<p>6 oz Meatball Grinder 2 oz Hoagie Bun 1 c Peas &amp; Carrots 1 c Tropical Fruit</p>	<p>1 c Penne Pasta W 6 oz Meat sauce 1 c Sliced Carrots W 1 oz Ranch 1 c Italian salad 1 c Sliced peaches 8 oz Milk</p>	<p>2- 3 oz Lemon Chicken 2 oz Wild Rice 1 c Green Beans 1 c Fruit Cocktail 8 oz Milk</p>	<p>2- 2 oz Hot dog 2 oz Hot Dog Bun 1 c Green Beans 8 oz Raisins 8 oz Milk</p>
<p>6 oz Turkey 2 oz W Wheat Bread 1 oz Cheddar 2 oz Sun Chips 1 c Broccoli 1 c Tropical Fruit</p>	<p>4 oz Chicken Pattie ¾ c Mixed Veggie 2oz Mashed Pot 2 oz White Gravy 2 oz W Wheat Roll 1 Banana 8 oz Milk</p>	<p>2- 3 oz Bosco Stick ¾ c Cali Blend Veggie ½ c Side Salad 1 Apple 8 oz Milk</p>	<p>6 oz Chicken Nuggets 1 c Potato Salad 1 c Carrots w Ranch 1 c Pears 8 oz Milk</p>	<p>5 oz BBQ Chicken 5 oz W Wheat Bun 1 c Sweet Corn 1 c Pineapple 8 oz Milk</p>
<p>5 oz Mcgonigles Beef 4 oz Nacho Cheese 6 oz Tortilla Chips 1 c Refried beans 1 c Fruit Cocktail 8 oz Milk</p>				

## 21 day Sample Breakfast Menu Grades 9-12

2- 1oz Whole grain cereal 2 oz Apple Sauce 4 oz Juice 8 oz Milk	4 oz Berry yogurt 2 oz Mini muffin 2 oz Pears 4 oz Juice 8 oz Milk	4 oz Scrambled Eggs 2 oz Turkey Sausage 1 Banana 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Fruit Cocktail 8 oz Milk	2- 1oz Whole Grain Cereal 2 oz Peaches 4 oz Juice 8 oz Milk
2-1 oz Whole Grain Cereal 2 oz Tropical Fruit 4 oz Juice 8 oz Milk	3 oz Breakfast Burrito 1 oz Salsa 2 oz Mixed Fruit 4 oz Juice 8 oz Milk	3 oz French Toast Sticks 2 oz Turkey Sausage 2 oz Apple Sauce 4oz juice 8 oz milk	1 oz WW Biscuit w/ 2 oz Turkey Sausage Gravy 1 Orange 4 oz Juice 8 oz Milk	2 oz Nutri Grain Bar 2 oz Peaches 4 oz Milk 8 oz milk
2-1 oz Whole Grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8 oz Milk	4 oz Pancakes 2 oz Scrambled Eggs 2 oz Pineapple 4 oz Juice 8 oz Milk	2 oz WW Bagel 1 oz Cream Cheese 4 oz Yogurt 2 oz Tropical Fruit 8oz Milk	2 oz WW English Muffin 1 oz Egg Patty 2 oz Turkey Sausage Pattie 1 apple 4 oz Juice 8 oz Milk	<b>Whole grain cereal</b> <b>1 Banana</b> <b>4 oz Juice</b> <b>8 oz Milk</b>

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4 oz Berry yogurt 2 oz Mini muffin 2 oz Pears 4 oz Juice 8 oz Milk	2 oz Scrambled Eggs 2 oz Hash Browns 1 oz Biscuits 1 orange 4 oz Juice 8 oz Milk	2 oz Blueberry Muffin 2 oz mixed Fruit 4 oz Juice 8 oz Milk	1 oz WW Biscuit w/ 2 oz Turkey Sausage Gravy 1 Orange 4 oz Juice 8 oz Milk	2-1 oz Whole Grain Cereal 2 oz Fruit Cocktail 4 oz Juice 8 oz Milk
2- 1oz Whole Grain Cereal 2 oz Peaches 4 oz Juice 8 oz Milk				

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# 2022-2023 Académie Lafayette Calendar

## August 2022

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		11	16

- August 3 New Teacher Orientation
- August 10 First Day for All Teachers
- August 10-16 Back to School Improvement Days
- August 15 Meet the Teacher Night 5-7pm (All campuses)
- August 17 First Day for Students
- August 31 Armour Student Success Night 6pm

## February 2023

S	M	T	W	TH	F	S	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28			16	19	

- February 14 Valentine's Day Parties
- February 15-16 NO SCHOOL - Parent/Teacher Conferences
- February 17 NO SCHOOL - School Improvement Day
- February 20 NO SCHOOL - Presidents' Day

## September 2022

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- September 1 Oak & Cherry Student Success Night 6pm
- September 5 NO SCHOOL - Labor Day
- September 12-23 Fall NWEA Testing
- September 26 NO SCHOOL - School Improvement Day

## March 2023

S	M	T	W	TH	F	S	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

- March 13-17 NO SCHOOL - Spring Break
- March 20 NO SCHOOL - School Improvement Day
- March 21 First Day Back for Students
- March 31 End of Quarter 3

## October 2022

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31				18	21

- October 21 NO SCHOOL - School Improvement Day
- October 21 End of Quarter 1
- October 26 Early Release Day
- October 27-28 NO SCHOOL - Parent/Teacher Conferences
- October 31 Fall Parties

## April 2023

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30					19	20

- April 10-21 Spring NWEA Testing
- April 26 NO SCHOOL - School Improvement Day

## November 2022

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30		17	17

- November 18 Generations Day
- November 21-25 Thanksgiving Break

## May 2023

S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		20	22

- May 1-17 MAP & EOC Testing
- May 24 End of Quarter 4; Semester 2
- May 25 8th Grade Graduation
- May 26 Last Day for Students
- May 30-31 NO SCHOOL - School Improvement Day

## December 2022

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- December 7 Early Release Day
- December 16 Winter Parties
- December 17-31 Winter Break

## June 2023

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

- June 1-2 NO SCHOOL - School Improvement Day
- June 2 Last Day for Teachers
- June 14 Tentative Summer School Start
- June 14-30 Summer School

## January 2023

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31			19	20

- January 1-2 Winter Break
- January 3 NO SCHOOL - School Improvement Day
- January 4 First Day Back for Students
- January 13 End of Quarter 2; Semester 1
- January 16 NO SCHOOL - Martin Luther King Jr. Day

## July 2023

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31				0	0

- July 3-4 NO SCHOOL - 4th of July Break
- July 6-21 Summer School