

Duchesne Academy...Heart of the Summer 2022

Weekly Lunch Menu- Sessions 1, 2 & 3

Hot entrée menus:

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
FLIK Signature 5.3oz Beef Cheeseburger, 2.4 oz Brioche Bun, Roasted Potatoes, Steamed Broccoli,	Fried Chicken Tenders, Creamy Mac & Cheese, Steamed Green Beans, and Fresh fruit	Beef Soft Tacos, Jasmine Rice, Roasted Calabacitas, Black Beans and Fresh fruit	Grilled Chicken & Pasta, Choice of plain pasta, Marinara or Alfredo Sauce, Peas and Carrots, Roasted Broccoli, Fresh fruit	Flatbread Pizza, Cheese or Pepperoni, Steamed Green Beans, Fresh fruit

Daily Grab and Go Sandwiches

Ham and Provolone

Turkey and Cheddar

Cheese

Peanut Butter & Grape Jelly

Peanut Butter

Daily Offering

Assortment of Local and Seasonal Hand Fruit,
Flavored Low-fat Yogurt and Non-fat Yogurt

Beverage:2% Milk & 1% Chocolate Milk
Assortment of 100% Juices.

Assortment of Chips with Sandwich Meal