



EXPLORA ACADEMY

LUNCH MENU

Monday

Chicken, Rice, Black Beans, Salsa, Fruit, Milk

Tuesday

Meaty Marinara Pasta, Broccoli, Fruit, Milk

Wednesday

Chicken Nuggets, Rice, Salad, Fruit, Milk

Thursday

Chicken Alfredo Pasta, Broccoli, Fruit, Milk

Friday

Fish Sticks, Rice, Salad, Fruit, Milk



EXPLORA ACADEMY

BREAKFAST MENU

Monday

Cereal, Banana, Milk

Tuesday

Cheese Quesadillas, Apple Sauce, Milk

Wednesday

Cinnamon Toast, Fruit, Milk

Thursday

Waffles, Fruit, Milk

Friday

Cereal Banana, Milk



EXPLORA ACADEMY

SNACK MENU

Monday

Yogurt, Fruit

Tuesday

String Cheese, Crackers

Wednesday

PB Sandwich, Milk

Thursday

Yogurt, Fruit

Friday

PB Sandwich, Milk