School Menu

DEERWOOD ACADEMY

Location: Town Center Date	**Monday** 1/19/2026	**Tuesday** 1/20/2026	**Wednesday** 1/21/2026	**Thursday** 1/21/2026	**Friday** 1/22/2026
AM Snack	Whole-Wheat Waffle w/ Syrup 2% Unflavored Low-Fat Milk *(Whole Milk)*	Whole-Wheat Cheese Toast 2% Unflavored Low-Fat Milk *(Whole Milk)*	Old Fashion Oats w/ Diced Apples 2% Unflavored Low-Fat Milk *(Whole Milk)*	Turkey Muffin w/ Cheese 2% Unflavored Low-Fat Milk *(Whole Milk)*	Whole- Grain Raisin Bran 2% Unflavored Low-Fat Milk *(Whole Milk)*
Lunch *Vegetarian Option*	**Sunflower Butter & Jelly Sandwich**	**Sweet & Sour Chicken** ***Chick'N***	**Mac & Cheese**	**Chicken Corn Chowder** ***Vegetable Soup***	**Cheese Pizza**
	Sunflower Butter & Grape Jelly on Whole Wheat Bread Baby Carrots w/Ranch *(Steamed Carrots)* Sliced Oranges *(Mandarin Oranges)* 2% Unflavored Low-Fat Milk *(Whole Milk)*	Breaded Diced Chicken in a Sweet & Sour Sauce Steamed Broccoli Steamed Jasmine Rice 2% Unflavored Low-Fat Milk *(Whole Milk)*	Whole -Grain Pasta w/ Cheese Steamed Peas Fresh Bananas 2% Unflavored Low-Fat Milk *(Whole Milk)*	Shredded Chicken, Cream of Chicken, Minced Onions, Corn Whole Wheat Dinner Roll Applesauce 2% Unflavored Low-Fat Milk *(Whole Milk)*	Mozzarella Cheese, Marinara Sauce on Flatbread Pizza Crust Tossed Garden Salad *(Steamed Carrots)* Pineapple Tidbits 2% Unflavored Low-Fat Milk *(Whole Milk)*
PM Snack	Trail Mix Filtered Water	Pretzels w/ Sliced Cheese *(Ritz Crackers)* Filtered Water	Special K Bar Filtered Water	Apple Slices & Graham Crackers *(Applesauce)* Filtered Water	Goldfish Filtered Water

Food Fun Fact from Chef Trina: Broccoli contains 11% of your daily Vitamin A!

Children under the age of 2 are served unflavored whole milk and 2+ year olds are served unflavored 2% milk

Items listed in parentheses & italics indicate suggested age appropriate substitutions for children under 2

Water is available to children during the day & at all meals & snacks.

Menu is subject to change.