School Menu

DEERWOOD ACADEMY

Date	Monday 11/9/2026	Tuesday 11/10/2026	Wednesday 11/11/2026	Thursday 11/12/2026	Friday 11/13/2026
AM Snack	Buttermilk Pancake w/Syrup 2% Unflavored Low-Fat Milk *(Whole Milk)*	Turkey Sausage & Cheese Muffin 2% Unflavored Low-Fat Milk (Whole Milk)	French Crossiants w/ Strawberry Jam 2% Unflavored Low-Fat Milk *(Whole Milk)*	Low-Fat Yogurt w/ Raspberries 2% Unflavored Low-Fat Milk (Whole Milk)	Whole-Grain Raisin Bran 2% Unflavored Low-Fat Milk *(Whole Milk)*
Lunch *Vegetarian Option*	**Chicken & Yellow Rice** *Chick'N*	**Cheese Pizza**	**Apple Butter & Cream Cheese Sandwich**	**Bulgogi Meatballs** *Boca Meatballs*	**Spinach Alfredo**
	Diced Chicken w/ Yellow Rice	Cheese Pizza w/ Marinara Sauce	Apple Butter & Cream Cheese on Whole-Wheat Bread	Chicken Meatballs cooked in a Korean Bulgogi sauce	Whole-wheat pasta in a Alfredo Sauce w/Diced Spinach
	Green Beans	Whole Kernel Corn	Apple Straws	Steamed Sticky Rice	Tossed Garden Salad *(Steamed Veggies)*
	Applesauce	Pineapple Tidbits	Fresh Banana	Steamed Broccoli	Garlic Breadstick
	2% Unflavored Low-Fat Milk *(Whole Milk)*	2% Unflavored Low-Fat Milk *(Whole Milk)*	2% Unflavored Low-Fat Milk *(Whole Milk)*	2% Unflavored Low-Fat Milk *(Whole Milk)*	2 % Unflavored Low- Fat Milk *(Whole Milk)*
PM Snack	Real Fruit Fig Bar Filtered Water	Pimento Cheese W/Ritz Crackers Filtered Water	Veteran's Day Red, White, & Blue Trail Mix w/ Craisins Filtered Water	Fresh Banana w/ Graham Crackers Filtered Water	Animal Crackers w/ Raisins Filtered Water

Fun Fact From Chef Trina: The USA Military uses the term " Mess Hall" to describe the cafeteria!

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.