



**SHELTON ACADEMY**  
**SCHOOL LUNCH MENU AUGUST & SEPTEMBER 2017**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8/28/17</b>	<b>8/29/17</b>	<b>8/30/17</b>	<b>8/31/17</b>	<b>9/1/17</b>
Lentils	Chicken	Pasta with Bolognese sauce	Chicken Soup w/Vegetables	BBQ Burgers
Meat Stew	Broccoli		Meatballs	Salad
Rice	Rice		Rice	
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
Black beans	Ground Beef	Maduros	Mashed Potatoes	Black Beans
Oven Roasted Chicken	Pasta	Meat Stew	Beef and Veggies	Grilled Chicken
Rice		Rice		Rice
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Meatballs	Mashed Potatoes	Black Beans	Pasta with Bolognese Sauce	Rice with Chicken
Vegetables	Chicken with Vegetables	Ground Turkey		Arroz con Pollo
Rice		Rice		
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Vegetable Soup	Milanesse Beef	Sautéed Chicken	Lentils	Lasagna
Oven Roasted Chicken	Mixed vegetables	Rice	Ground turkey	Caesar Salad
Rice	Rice		Rice	



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Lenteja	Pollo	Pasta	Sopa de pollo con vegetales	Hamburguesas a la Parrilla
Ropa Vieja (Carne Mechada)	Brocoli	Salsa de carne molida	Albóndigas	Ensalada
Arroz	Arroz		Arroz	
<b>9/4/17</b>	<b>9/5/17</b>	<b>9/6/17</b>	<b>9/7/17</b>	<b>9/8/17</b>
Frijoles Negros	Picadillo de Res	Ropa Vieja (Carne Mechada)	Puré de Papas	Frijol negro
Pollo al Horno	Pasta	Maduros	Filetillo Carne con Vegetales	Pollo Asado
Arroz		Arroz		Arroz
<b>9/11/17</b>	<b>9/12/17</b>	<b>9/13/17</b>	<b>9/14/17</b>	<b>9/15/17</b>
Albóndigas	Puré de papas	Frijol Negro	Pasta	Arroz con Pollo
Vegetales	Pollo con Vegetales	Picadillo de Pavo	Salsa de Carne Molida	
Arroz		Arroz		
<b>9/18/17</b>	<b>9/19/17</b>	<b>9/20/17</b>	<b>9/21/17</b>	<b>9/22/17</b>
Sopa de Vegetales	Milanesa	Pollo Salteado c/ Champiñones	Lentejas	Lasagna
Pollo asado	Verduras Mixtas	Arroz	Picadillo de Pavo	Ensalada Cesar
Arroz	Arroz		Arroz	