

Ruby's Academy Weekly Menu

August, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 B: apple and cinammon sq L: mac and cheese w/ham, fruit S: pretzels	4 B: pancakes and fruit L: sausage and rice casserole, vegetable S: vanilla pudding w/ wafers	5 B: biscuits w/jelly fruit L: chicken nuggets, oven fries, vegetable S: applesauce and goldfish	6 B: scrambled eggs and ham L: spaghetti, bread vegetable S: graham crackers, fruit	7 B: french toast sticks, fruit L: fish sandwich, noodles w/butter, vegetable S: no nut trail mix	8
9	10 B: cereal and fruit L: grilled ham and cheese, vegetable, fruit S: cinnamon tortilla rolls	11 B: sausage patty, toast, fruit L: meatballs, mashed potatoes, vegetable S: oranges, wheat crackers	12 B: cheese toast, fruit L: hamburgers, oven fries, vegetable S: pretzels	13 B: english muffins w/jelly L: grilled chicken, buttered noodles, vegetable S: fruit and crackers	14 B: pancakes, fruit L: ravioli, bread, fruit S: no nut trail mix	15
16	17 B: blueberry muffin sq. fruit L: tuna casserole, fruit S: oatmeal raisin cookies	18 B: scrambled eggs, toast L: whole wheat pizza, vegetable S: apple sauce and goldfish	19 B: biscuits and jelly L: baked ziti, bread, fruit S: jello with fruit	20 B: bagels w, cream cheese fruit L: beanie weenies, vegetable S: sliced apples and cheese	21 B: french toast sticks, fruit L: grilled ham and cheese, chicken noodle soup S: graham crackers with fruit	22
23	24 B: Yogurt parfait L: Lasagne, rolls & vegetables S: Fresh fruit	25 B: cereal, fruit L: chicken nuggets, mashed potatoes, vegetable S: no nut trail mix	26 B: scrambled eggs w/ham L: beef stew, roll, fruit S: pretzels	27 B: pancakes and fruit L: chicken alfredo, roll, fruit S: cinnamon tortilla rolls	28 B: cheese toast, fruit L: spaghetti, roll, vegtable S: vanilla pudding, wafers	29

Ruby's Academy Weekly Menu

September, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
			B: Toast & jelly, ham L: Meatballs, mashed potatoes, vegetable, fruit S: Vanilla pudding	B: Bagels & Fruit L: Fish sandwiches, vegetable Fruit S: Pretzels	B: Blueberry pancakes L: Chicken nuggets, oven fries, vegetable, fruit S: Easter Treat	
6	7 Labor Day Closed	8	9	10	11	12
		B: Cheese toast, fruit L: Baked Ziti S: Sliced apples & cheese	B: Vanilla yogurt, fruit L: Whole wheat pizza Fruit S: Jello, crackers	B: Eggs w/ ham, Fruit L: Fish sticks, noodles w/butter, Vegetable S: Oranges, Wheat crackers	B: Cereal & Fruit L: Ham & cheese sandwich chicken noodle soup, fruit S: Graham crackers, Fruit	
13	14	15	16	17	18	19
	B: French toast sticks, fruit L: Sausage & cheese casserole vegetable, fruit S: No Nut Trail Mix	B: Cereal, fruit L: spaghetti, vegetable, fruit S: Cinnamon tortilla rolls	B: Cinnamon toast, fruit L: Macaroni & cheese, ham, Fruit S: Vanilla wafers & pudding	B: Oatmeal L: Chicken fajitas, All the fixings fruit S: Crackers, Fruit	B: Sausage, toast, Fruit L: Turkey Burgers, Lettuce, Tomatoes, Fruit S: nutrigrain bars	
20	21	22	23	24	25	26
	B: Biscuits, Jelly, Fruit L: Tuna Melt, Vegetable S: Goldfish, fruit	B: Scrambled Eggs, Fruit L: Beef stew, roll, fruit S: Carrots & dip	B: Pancakes, Fruit L: Grilled cheese, tomato soup Fruit S: Apples and Cheese	B: Cereal, Fruit L: Sloppy Joes, Vegetable, Fruit S: No Nut Trail Mix	B: Breakfast Wrap, Fruit L: Meatloaf, mashed potatoes, vegetable, fruit S: Nutrigrain bars	
27	28	29	30			
	B: Blueberry squares L: Bean dish, fruit S: Graham crackers, yogurt	B: French Toast Sticks, Fruit L: Grilled ham and Cheese Vegetable, Fruit S: Oranges, wheat crackers	B: Cereal, Fruit L: Lasagne, fruit Vegetable S: No Nut Trail Mix			

Ruby's Academy Weekly Menu

October, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 B:cheese toast,fruit L:fish stick,mashed potatoes,vegetable</p> <p>S: apples and cheese</p>	<p>1 B:apple and cinammon sq L: Taco's & Fruit</p> <p>S: pretzels</p>	<p>2 B: Oatmeal and fruit L: beanie weenies, vegetables S: Fruit and crackers</p>	3
4	<p>5 B: Muffin squares L:mac and cheese w/ham,fruit S: pretzels</p>	<p>6 B: pancakes and fruit L:sausage and rice casserole,vegetable S: Veggies with dip</p>	<p>7 B: biscuits w/jelly fruit L: chicken nuggets, oven fries,vegetable S: applesauce and goldfish</p>	<p>8 B: scrambled eggs and ham L:spaghetti,bread vegetable S: graham crackers,fruit</p>	<p>8 B:french toast sticks,fruit L: fish sandwich,noodles w/butter,vegetable S: no nut trail mix</p>	10
11	<p>12 B: cereal and fruit L: grilled ham and cheese, vegetable,fruit S: cinnamon tortilla rolls Columbus Day</p>	<p>13 B: sausage patty,toast, fruit L: meatballs,mashed potatoes,vegetable S: oranges,wheat crackers</p>	<p>14 B: cheese toast,fruit L: Turkey burgers,oven fries, vegetable S:pretzels</p>	<p>15 B: english muffins w/jelly L: grilled chicken,buttered noodles,vegetable S: fruit and crackers</p>	<p>16 B: pancakes,fruit L: ravioli, bread,fruit S: no nut trail mix</p>	17
18	<p>19 B: blueberry muffin sq. fruit L: tuna casserole,fruit S: oatmeal raisin cookies</p>	<p>20 B: scrambled eggs,toast L: whole wheat pizza, vegetable S:apple sauce and goldfish</p>	<p>21 B: biscuits and jelly L: baked ziti,bread,fruit S:jello with fruit</p>	<p>22 B: bagels w,cream cheese fruit L: beanie weenies,vegetable S: sliced apples and cheese</p>	<p>23 B: french toast sticks, fruit L:grilled ham and cheese, chicken noodle soup S: graham crackers with fruit</p>	24
25	<p>26 B: Bagels, Fruit L: Beef Ravioli, vegetable S: Cheese & cookies</p>	<p>27 B: cereal,fruit L:chicken nuggets,mashed potatoes,vegetable S: no nut trail mix</p>	<p>28 B: scrambled eggs w/ham L: beef stew,roll,fruit S:pretzels</p>	<p>29 B: pancakes and fruit L:chicken alfredo,roll,fruit S: cinnamon tortilla rolls</p>	<p>30 B: cheese toast,fruit L: spaghetti,roll,vegetable S: vanilla pudding,wafers</p>	31

Ruby's Academy Weekly Menu

November, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 B: french toast sticks L: Chicken Noodle Soup, grilled cheese S: apple sauce and goldfish	3 B: Bagels, Fruit L: turkey burger, vegetable S: vanilla pudding	4 B: toast and eggs L: ravioli, vegetable fruit S: cinammon tortilla rolls	5 B: Biscuits, Jelly, Fruit L: Fish Sticks, Oven potatoes Vegetable S: no nut trail mix	6 B: Cereal, Fruit L: cheese pizza, vegetable S: Nutrigrain Bar	7
8	9 B: blueberry muffins, fruit L: chicken nuggets, m. potatoes, veggies S: animal crackers	10 B: cheese toast, fruit L: sausage and rice casserole, vegetable S: cinammon tortilla rolls	11 Veterans Day B: cereal and fruit L: tomato soup and grilled cheese S: fruit muffins	12 B: pancakes L: Beef Stew, Roll, Fruit S: Nutrigrain Bar	13 B: English Muffins, Fruit L: turkey and cheese sandwich, fruit S: pretzels	14
15	16 B: Cereal, Fruit L: Mac & Cheese, Vegetable S: No Nut Trail Mix	17 B: biscuits w/jelly fruit L: meatballs, mashed potatoes, vegetable S: Vanilla pudding	18 B: "Scrambled eggs, toast L: Turkey Burgers, fruit S: gold fish	19 B: cheese toast, fruit L: Bakes Ziti, bread S: cheese and crackers	20 B: pancakes, fruit L: Fish Sticks, buttered noodles, vegetable Pretzels	21
22	23 B: blueberry muffins,fruit L:Deli Sandwich, Vegetable S: Cinnamon Tortilla Rolls	24 Thanksgiving Party B: scrambled eggs, toast L: Turkey, mash potatoes rolls & vegetables S: Holiday treat	25 B: pancakes L: chicken nuggets, mashed potatoes, vegetable S: orange wedges, crackers	26 Thanksgiving Day Closed	27 Thanksgiving Holiday Closed	28
29	30 B: Cereal, Fruit L: Chicken Alfredo vegetable S: vanilla pudding	B: Sausage Patty, fruit L: ravioli, vegetable, bread S: No Nut Trail Mix				

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December, 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 B:cheese toast,fruit L:fish stick,mashed potatoes,vegetable S: apples and cheese	3 B:apple and cinammon sq L: Taco's & Fruit S: pretzels	4 B: Biscuits and jelly L: Red rice with sausage vegetable S: Jello with fruit	5
6	7 B: Muffin squares L:mac and cheese w/ham,fruit S: pretzels	8 B: pancakes and fruit L:sausage and rice casserole,vegetable S: Veggies with dip	9 B: biscuits w/jelly fruit L: chicken nuggets, oven fries,vegetable S: applesauce and goldfish	10 B: scrambled eggs and ham L:spaghetti,bread vegetable S: graham crackers,fruit	11 B:french toast sticks,fruit L: fish sandwich,noodles w/butter,vegetable S: no nut trail mix	12
13	14 B: cereal and fruit L: grilled ham and cheese, vegetable,fruit S: cinnamon tortilla rolls	15 B: sausage patty,toast, fruit L: meatballs,mashed potatoes,vegetable S: oranges,wheat crackers	16 B: cheese toast,fruit L: Turkey burgers,oven fries, vegetable S:pretzels	17 B: english muffins w/jelly L: grilled chicken,buttered noodles,vegetable S: fruit and crackers	18 B: pancakes,fruit L: ravioli, bread,fruit S: no nut trail mix	19
20	21 B: blueberry muffin sq. fruit L: tuna casserole,fruit S: oatmeal raisin cookies	22 B: scrambled eggs,toast L: whole wheat pizza, vegetable S:apple sauce and goldfish	23 Christmas Break Closed	24 Christmas Eve Closed	25 Christmas Day Closed	26
27	28 B: Bagels, Fruit L: Beef Ravioli, vegetable S: Cheese & cookies	29 B: cereal,fruit L:chicken nuggets,mashed potatoes,vegetable S: no nut trail mix	30 B: scrambled eggs w/ham L: beef stew,roll,fruit S:pretzels	31 B: pancakes and fruit L:chicken alfredo,roll,fruit S: cinnamon tortilla rolls	1 New Years Day Closed	