

2025

# AUGUST

## SOUTHGATE ACADEMY BREAKFAST MENU



| MONDAY  |   | TUESDAY   |  | WEDNESDAY  |  | THURSDAY |  | FRIDAY  |  |
|---|---|---|--|--|--|----------|--|---|--|
| VARIETY OF MILK AND FRUIT SERVED DAILY!<br>MENU IS SUBJECT TO CHANGE.<br>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. |   |   |  |  |  |          |  | 1<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>APPLESAUCE CUP, OR MILK |  |
| 4<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>FUJI APPLE, OR MILK   | 5<br><br>WAFFLES<br>CHOICE OF A CHEESESTICK,<br>STRAWBERRY CUP, OR MILK | 6<br><br>SCRAMBLED EGGS & TOAST<br>CHOICE OF CANTALOUPE, OR MILK        | 7<br><br>PANCAKES<br>CHOICE OF A CHEESESTICK,<br>WATERMELON CUP, MILK  | 8<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>GREEN APPLE, OR MILK     |  |          |  |   |  |
| 11<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>STRAWBERRY CUP, OR MILK                                      | 12<br><br>WAFFLES<br>CHOICE OF A CHEESESTICK, APPLE,<br>OR MILK         | 13<br><br>EGG & HAM SANDWICH<br>CHOICE OF ORANGE, OR MILK               | 14<br><br>PANCAKES<br>CHOICE OF A CHEESESTICK,<br>HONEYDEW CUP, MILK   | 15<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>APPLESAUCE CUP, OR MILK |  |          |  |   |  |
| 18<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>APPLESAUCE CUP, OR MILK                                      | 19<br><br>WAFFLES<br>CHOICE OF A CHEESESTICK, GRAPES,<br>OR MILK        | 20<br><br>SCRAMBLED EGGS & TOAST<br>CHOICE OF BLUEBERRY CUP, OR<br>MILK | 21<br><br>PANCAKES<br>CHOICE OF A CHEESESTICK,<br>STRAWBERRY CUP, MILK | 22<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>APPLESAUCE CUP, OR MILK |  |          |  |   |  |
| 25<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>STRAWBERRY CUP, OR MILK                                      | 26<br><br>WAFFLES<br>CHOICE OF A CHEESESTICK, APPLE,<br>OR MILK         | 27<br><br>EGG & HAM SANDWICH<br>CHOICE OF ORANGE, OR MILK               | 28<br><br>PANCAKES<br>CHOICE OF A CHEESESTICK,<br>HONEYDEW CUP, MILK   | 29<br><br>CEREAL AND TOAST<br>YOUR CHOICE OF A CHEESESTICK,<br>APPLESAUCE CUP, OR MILK |  |          |  |   |  |

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## SOUTHGATE ACADEMY-LUNCH MENU



| MONDAY  |  | TUESDAY  |   | WEDNESDAY  |   | THURSDAY   |   | FRIDAY   |   |
|---|--|--|---|--|---|--|---|--|---|
| VARIETY OF MILK AND FRUIT SERVED DAILY!<br>MENU IS SUBJECT TO CHANGE.<br>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. |  |  |   |  |   |  |   | 1<br><br>TURKEY & CHEESE SANDWICH<br>CHOICE OF PRETZELS,<br>BABY CARROT CUP,<br>STRAWBERRY CUPS, OR MILK |   |
| 4<br><br>SPAGHETTI AND DINNER ROLL<br>CHOICE OF ROASTED BROCCOLI,<br>PEARS,<br>OR MILK                                      | 5<br><br>TURKEY TACOS<br>CHOICE OF BEANS, FUJI APPLE, OR<br>MILK       | 6<br><br>CHEESBURGER<br>CHOICE OF ROASTED<br>CAULIFLOWER, WATERMELON, OR<br>MILK | 7<br><br>CHICKEN AND RICE<br>CHOICE OF CALABISITAS,<br>CANTALOUPE, OR MILK                            | 8<br><br>TURKEY WRAP<br>CHOICE OF CARROT STICKS, PLUM,<br>OR MILK                | 11<br><br>SPAGHETTI AND DINNER ROLL<br>CHOICE OF GREEN BEANS, PEARS,<br>OR MILK | 12<br><br>CHICKEN TACOS<br>CHOICE OF BEANS, WATERMELON<br>CUP, OR MILK | 13<br><br>GRILLED CHICKEN SANDWICH<br>CHOICE OF ROASTED CARROTS,<br>STRAWBERRY CUP, OR MILK | 14<br><br>MAC AND CHEESE<br>CHOICE OF ROASTED BROCCOLI,<br>CANTALOUPE, OR MILK                           | 15<br><br>TACO SALAD<br>CHOICE OF BELL PEPPER CUPS,<br>GREEN APPLE, OR MILK         |
| 18<br><br>SPAGHETTI AND DINNER ROLL<br>CHOICE OF GREEN BEANS, PEARS,<br>OR MILK   | 19<br><br>CARNITA TACOS<br>CHOICE OF BEANS, WATERMELON<br>CUP, OR MILK | 20<br><br>HOT DOG<br>CHOICE OF PINTO BEANS, RED<br>APPLE, OR MILK                | 21<br><br>BEAN & CHEESE BURRITO<br>CHOICE OF ROASTED BUTTERNUT<br>SQUASH, MIXED BERRY CUP, OR<br>MILK | 22<br><br>CHICKEN FAJITA WRAP<br>CHOICE OF CELERY STICKS,<br>WATERMELON, OR MILK | 25<br><br>SPAGHETTI AND DINNER ROLL<br>CHOICE OF GREEN BEANS, PEARS,<br>OR MILK | 26<br><br>BEEF TACOS<br>CHOICE OF BEANS, WATERMELON<br>CUP, OR MILK    | 27<br><br>BBQ PULLED PORK SANDWICH<br>CHOICE OF BROCCOLI, CANTALOUPE<br>CUP, OR MILK        | 28<br><br>CHICKEN TERIYAKI & BROWN RICE<br>CHOICE OF MIXED VEGETABLES,<br>HONEYDEW CUP, OR MILK          | 29<br><br>HAWAIIAN CHICKEN WRAP<br>CHOICE OF ROASTED<br>CAULIFLOWER, APPLE, OR MILK |