Sunrise Academy

Lunch 9-12 Menu - NOV 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g	WG Spaghetti Meat Sauce 27g8 oz 1 c green beans 7g 1 fresh Orange 9 g WG Dinner Roll 12 g	WG Chicken Nuggets 16 g 3 oz 1 c French Fries 23g Ketchup 9g ½ c slice apple 15g WG tiger bites crackers 21g 1oz	WG Chicken patties 15 g 3 oz 1 c Baked Beans 30g Ketchup 9g 1 fresh apple 15g WG bun 19g 2oz	WG stuffed Cheese Pizza 31 g 5 oz 1 ¼ c baby Carrots 9 g Ranch 1 g ½ c pineapple 15 g
9	10	11	12	13
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g	WG chicken alfredo pasta 45g 8 oz 1 c green beans 7g 1 fresh orange 9g WG dinner roll 12g	WG Chicken tender 2 ea 1 c French Fries 22g Ketchup 9 g 1 Fresh apple 15g WG tiger bites crackers 21g 1	Beef Taco 3 g 3 oz 1 c baked beans 30 g 1 fresh slice apple WG tortilla chips 29 g 2oz	WG stuffed Cheese Pizza 31 g 5 oz 1 ¼ c baby Carrots 9 g Ranch 1 g ½ c mix fruit 15 g
16	17	18	19	20
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g	WG Mac and cheese 31g 1 c green beans 7g 1 fresh orange 9g WG Dinner Roll 12 g	WG Chicken Nuggets 16 g 3 oz 1 c French Fries 23g Ketchup 9g ½ c slice apple 15g WG tiger bites crackers 21g 1oz	Cheeseburger 2 g 3.2 oz 1 c Baked Beans 30g 1 fresh apple 15 g WG Bun 25 g 2 oz	WG stuffed Cheese Pizza 31 g 5 oz 1 ¼ c baby Carrots 9 g Ranch 1 g ½ c pineapple 15 g
23	24	25	26	27
No school	No school	No school	No school	No school
30				
5 oz Baked Chicken drumstick 2g 1 ½ c Romaine salad 4g 1 banana 27 g 4 oz Rice 27 g WG bug bites crackers 21g				

Notes: Menus are subject to change based on availability of food and unforeseen school closures

This institution is an equal opportunity provider

MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP

**Grades 9-12 receive additional servings per USDA guidelines [e.g., 2 fruits].

Contact bellasfoodservices@gmail.com for any questions

Fruit Selection + Milk is offered with each meal: White Milk 12g OR Chocolate 24g