

OCTOBER 2025										
TASTY		HEALTHY		FUN		VARIETY		BALANCED		
Name of the menu : Hope Community Academy Breakfast Menu						Meal Pattern : NSLP				
Grade : K-12 Grades						Meal : Breakfast				
Week IV BREAKFAST				Wednesday, 10/1/2025		Thursday, 10/2/2025		Friday, 10/3/2025		
				BYO Bagel Sandwich - Warm Sliced Bagel w/ Egg Patty & Cheese		Turkey Sausage Pancake Wrap w/ Syrup		Fun Friday Hot Breakfast		
								Chocolate Swirl		
				100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice				
				Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit		
Entrée of the Day is 2 Whole Grain Items Equivalent.										
Week V BREAKFAST	Monday, 10/6/2025		Tuesday, 10/7/2025		Wednesday, 10/8/2025		Thursday, 10/9/2025		Friday, 10/10/2025	
	Breaded Chicken on Maple Waffle Sandwich		Breakfast Fried Rice		French Toast Sticks w/ Syrup & Pork Sausage Links		Turkey, Egg & Cheese Burrito		Fun Friday Hot Breakfast	
									Warm Cinnamon Donut	
	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice			
	Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	
Entrée of the Day is 2 Whole Grain Items Equivalent.										
Week VI BREAKFAST	Monday, 10/13/2025		Tuesday, 10/14/2025		Wednesday, 10/15/2025		Thursday, 10/16/2025		Friday, 10/17/2025	
	Giant Pretzel		Warm Mini Pizza Bagels		Buttermilk Pancakes w/ Syrup & Pork Sausage Links		Breakfast Chicken Soup		Fun Friday Hot Breakfast	
									Dutch Waffle	
	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice			
	Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	
Entrée of the Day is 2 Whole Grain Items Equivalent.										
Week I BREAKFAST	Monday, 10/20/2025		Tuesday, 10/21/2025		Wednesday, 10/22/2025		Thursday, 10/23/2025		Friday, 10/24/2025	
	All Beef Country Gravy Pizza		Egg & Cheese Croissant Sandwich		Breakfast Fried Rice		Turkey, Egg & Chz Egg Roll		Fun Friday Hot Breakfast	
									Choco-drizzle Banana Chocolate Chip Bread	
	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice			
	Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	
Entrée of the Day is 2 Whole Grain Items Equivalent.										
Week II BREAKFAST	Monday, 10/27/2025		Tuesday, 10/28/2025		Wednesday, 10/29/2025		Thursday, 10/30/2025		Friday, 10/31/2025	
	Turkey Sausage Pancake Wrap w/ Syrup		Breakfast Chicken Soup		BYO Bagel Sandwich - Warm Sliced Bagel w/ Egg Patty & Cheese		Turkey, Egg & Cheese Burrito		Fun Friday Hot Breakfast	
									Choco Donut Bites	
	100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice		100% 4.23 oz Fruit Juice			
	Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		Choice Milk & Second Fruit		100% 4.23 oz Fruit Juice Choice Milk & Second Fruit	
Entrée of the Day is 2 Whole Grain Items Equivalent.										
*** Three Items meet USDA requirements (One Item must be fruit).										

Skim & 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.



WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					
TASTY		HEALTHY	FUN	VARIETY	BALANCED
Week III BREAKFAST	Monday, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
	Warm Mini Pizza Bagels	Chicken Sausage & Chz on Maple Pancake Sandwich	Buttermilk Pancakes w/ Syrup & Pork Sausage Links	Giant Pretzel	Fun Friday Hot Breakfast
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice	Lemonpoppy Breakfast Bread
	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice Choice Milk & Second Fruit
	Entrée of the Day is 2 Whole Grain Items Equivalent.				
Week IV BREAKFAST	Monday, 11/10/2025	Tuesday, 11/11/2025			
	Chicken & Cheese Croissant Sandwich	Breakfast Chicken Soup			
	100% 4.23 oz Fruit Juice	100% 4.23 oz Fruit Juice			
	Choice Milk & Second Fruit	Choice Milk & Second Fruit			
	Entrée of the Day is 2 Whole Grain Items Equivalent.				

OCTOBER 2025

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu : Hope Community Academy 9-12 Grades Lunch Menu

Options : Hot,Cold Meals & Deli Salads

Grade : 9-12

Meal Pattern : NSLP

Week IV	HOT MEAL			Wednesday, 10/1/2025		Thursday, 10/2/2025		Friday, 10/3/2025			
				Pulled Chicken Taco		Beef Pho		Fresh Baked Pizza Slice			
				Seasoned Pulled Chicken Taco served with WG Tortilla, Mexican Rice, Shred Cheddar Cheese & Hot Sauce		Top the Pho Noodle Soup with seasoned Beef meatballs & Fixings		Assorted Salad Bar			
				Assorted Salad Bar		Assorted Salad Bar		Grapes Bunch			
			Assorted Salad Bar		Fruit Cup Slushy		Choice Milk				
		Bananas & Choice Milk		WG Dinner Rolls, Fruit Juice & Choice Milk		Fruit Juice					
COLD				Ham & Cheese Sandwich		Chicken Shred Bun		Turkey & Cheese on Bagel			
Week V	HOT MEAL	Monday, 10/6/2025		Tuesday, 10/7/2025		Wednesday, 10/8/2025		Thursday, 10/9/2025		Friday, 10/10/2025	
		Sriracha Chicken Drumstick		Roasted Sliced Beef on Flatbread		Asian Chicken Dumplings		Hmong Sausage w/ Thai Chili Sauce		Spicy Chicken Sandwich	
		Fresh Bakery Roll		Shredded Philly Style Beef & Swiss Cheese on Flatbread		Seasoned Teriyaki Dip		Warm Seasoned Rice		Ketchup & Mayo	
		Assorted Salad Bar		Lime Slaw		Assorted Salad Bar		Assorted Salad Bar		Potato Smiles w/ Ketchup	
	Fresh Orange, Fruit Juice & Choice Milk		Assorted Salad Bar		Bananas		Fruit Cup Slushy		Assorted Salad Bar & Grapes Bunch		
Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		Crisp Large Apple & Choice Milk		Choice Milk		Fruit Juice & Choice Milk		Fruit Juice & Choice Milk			
COLD		PB & J Sandwich		Deli Turkey & Cheese on WW Bread w/ Mayo		Banh Mi Chicken on Flatbread		Ham Sandwich		Turkey & Cheese on Hoagie	
Week VI	HOT MEAL	Monday, 10/13/2025		Tuesday, 10/14/2025		Wednesday, 10/15/2025		Thursday, 10/16/2025		Friday, 10/17/2025	
		Premium Chicken Nuggets		Street Style Pork Burrito Wrap		Cheeseburger		Sichuan Chicken		Fresh Baked Pizza Slice	
		Mix or Match Sauce Ranch & Buffalo Sauce		Taco Seasoned Pork Shred, Rice, Wrap, Cheese & Hot Sauce		WG Bun, Cheese Slice & Ketchup		Veggie Fried Rice		Assorted Salad Bar	
		Potato Stix w/ Ketchup		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Grapes Bunch	
	Assorted Salad Bar		Crisp Large Apple		Bananas & Choice Milk		Fruit Cup Slushy		Choice Milk		
WG Roll, Fresh Orange, Fruit Juice & Choice Milk		Choice Milk		Yahoo! Special Chips Day! Cool Ranch Doritos		Fruit Juice & Choice Milk		Fruit Juice			
COLD		PB & J Sandwich		Turkey Bun w/ Mayo		Chicken Club Hoagie		Ham Sandwich		Honey Mustard Chix Pasta w/ WG Roll	
Week I	HOT MEAL	Monday, 10/20/2025		Tuesday, 10/21/2025		Wednesday, 10/22/2025		Thursday, 10/23/2025		Friday, 10/24/2025	
		Nashuille Hot Chicken Tender Wrap		Spaghetti w/ Meatballs		Kapoon		Beef Bulgogi Rice Bowl		Tikka Drumstick	
		WG Tortilla, Chicken Tenders, Ranch & Shred Cheese		Marinara Meatballs served with Buttered WG Spaghetti & Warm Toast		Serve Warm Rice Noodles on Red Curry Chicken & top with Cilantro		Sliced Beef Bulgogi served on Cilantro Rice		Mashed Potatoes	
		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		WG Roll & Assorted Salad Bar	
	Fresh Orange		Crisp Large Apple		WG Dinner Rolls		Fruit Cup Slushy		Grapes Bunch, Fruit Juice & Choice Milk		
Fruit Juice & Choice Milk		Choice Milk		Bananas & Choice Milk		Fruit Juice & Choice Milk		Hooray! Special Chips Day! Nacho Cheese Doritos			
COLD		PB & J Sandwich		Italian Turkey Sandwich		Ham & Cheese Sandwich		Citrus Chicken Bun		Turkey & Cheese on Bagel	
Week II	HOT MEAL	Monday, 10/27/2025		Tuesday, 10/28/2025		Wednesday, 10/29/2025		Thursday, 10/30/2025		Friday, 10/31/2025	
		All Beef Hot Dog		Sesame Chicken Noodle Bowl		Walking Taco		Fusion Fried Rice		Fresh Baked Pizza Slice	
		WG Hot Dog Bun, Ketchup & Mustard		Mongolian Noodles served with Sesame Chicken		Nacho Doritos, Seasoned Beef Taco		Indo-Chinese Chicken & Egg Fusion Fried Rice w/ Soy Sauce PC		Assorted Salad Bar	
		Potato Smiles w/ Ketchup		Assorted Salad Bar		Fill with Mexican Rice, Shred Cheddar Cheese & Hot Sauce		Assorted Salad Bar		Grapes Bunch	
	Assorted Salad Bar		Crisp Large Apple		Assorted Salad Bar		Fruit Cup Slushy, Fruit Juice & Choice Milk		Choice Milk		
Fresh Orange, Fruit Juice & Choice Milk		Choice Milk		Bananas & Choice Milk		Woohoo! Special Treat Day! Chocolate Chip Cookie		Fruit Juice			
COLD		Pesto & Provolone Chicken Sandwich		Deli Turkey & Cheese on WW Bread w/ Mayo		Banh Mi Chicken on Flatbread		Ham Sandwich		Chicken Caesar Wrap	

Hot meals and Cold meals are served with vegetables, fruit of the day & milk.

DELI SALADS	Grilled Chicken Caesar Salad	Grilled Asian Chicken Salad	Grilled Chicken SW Taco Salad	Classic Turkey & Egg Chef Salad	Quinoa Powerbowl Chicken Salad
	(Veg Option) Caesar Salad w/ Egg	(Veg Option) Asian Salad w/ Egg	(Veg Option) SW Taco Salad w/ Egg	(Veg Option) Classic Chef Salad w/ Egg	(Veg Option) Quinoa Powerbowl Salad w/ Egg
Deli Salad choices offered everyday. Both Regular & Vegetarian options are available. Vegetarian choices come with egg or cheese in the place of meat. All deli salads come with fruit and milk					

Skim & 1% milk served daily.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek of upcoming menu plan.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					
NOVEMBER 2025					
	TASTY	HEALTHY	FOUN	VARIETY	BALANCED
	Monday, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
Week III	Asian Chicken Dumplings	Mongolian Beef & Rice	French Toast Sticks w/ Syrup	Meatball Manchurian	Premium Corn Dog
	Teriyaki Sauce	Seasoned Mongolian Beef served on Cilantro Rice	Assorted Salad Bar	Brothless Ramen & Saucy Manchurian Meatballs, Serve with Crisp Broccoli, Shred Carrots & Cabbage (From Salad Bar)	WG Chicken Corn Dog served with Ketchup
	Assorted Salad Bar	Assorted Salad Bar	Bananas	Assorted Salad Bar	Assorted Salad Bar
	Fresh Orange	Crisp Large Apple	Choice Milk	Fruit Cup Slushy, Fruit Juice & Choice Milk	Grapes Bunch, Fruit Juice & Choice Milk
					Woohoo! Special Chips Day! Baked Cheetos
COLD	PB & J Sandwich	Turkey Bun w/ Mayo	Chicken Club Hoagie	Ham Sandwich	Honey Mustard Chix Pasta w/ WG Roll
	Monday, 11/10/2025	Tuesday, 11/11/2025			
Week IV	General Tso Chicken	Cheeseburger			
	Veggie Fried Rice	WG Bun, Cheese Slice & Ketchup			
	Assorted Salad Bar	Assorted Salad Bar			
	Fresh Orange	Crisp Large Apple & Choice Milk			
	Fruit Juice & Choice Milk	Hooray! Special Chips Day! Confetti Cookie			
COLD	PB & J Sandwich	Italian Turkey Sandwich			