

UBAH MEDICAL ACADEMY

January 2022

HALAL HOT LUNCH

PRICE: STUDENT - No Charge

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entrée
Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach
Low Fat Dressing/Dip
Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Patty Sandwich w/ Potato Wedges Salad, Fruit, Milk	Beef & Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk	Marinated Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Beef Gyro w/ Pita Cucumber Sauce & Hummus Salad, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
10	11	12	13	14
Chicken Shawarma Steamed Rice Salad, Veggies, Fruit, Milk	Beef Patty w/ Cheese on Bun Baked Beans Salad, Veggies, Fruit, Milk	Chicken Strips Steamed Corn & Roll Salad, Fruit, Milk	Pasta w/ Meatsauce Garlic Breadstick Salad, Fruit, Milk	Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk
17	18	19	20	21
Beef Gyro w/ Pita Cucumber Sauce & Hummus Salad, Fruit, Milk	Tandoori Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Beef Patty w/ Cheese on Bun Potato Wedges Salad, Fruit, Milk	Chicken Shawarma Steamed Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
24	25	26	27	28
Chicken Strips Steamed Corn & Roll Salad, Fruit, Milk	Beef & Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich w/ Potato Wedges Salad, Fruit, Milk	Marinated Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk
31				
Chicken Patty Sandwich w/ Potato Wedges Salad, Fruit, Milk				

MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanuts, other nuts/seeds, milk, egg, soybean, and other products.

All Done Right Food meals are Pork-Free.

This institution is an equal opportunity provider.



Our Commitment

"Healthy Food, Healthy Message"
We provide wholesome, delicious, real food that helps teach the right message to children.

ANY QUESTIONS? CONTACT:

School Office or
DONE RIGHT FOOD @ 763-789-4493 or
www.donerightfood.com

UBAH MEDICAL ACADEMY

January 2022

BREAKFAST

PRICES: STUDENT - No Charge

SERVED DAILY

Fruit Juice - Apple, Mixed Berry, Kiwi/Strawberry, Orange, Fruit Punch
Fresh Fruit - Apple, Orange, Pears, Raisins, Craisins, Applesauce
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini French Toast w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Bagel w/ Cream Cheese Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
10	11	12	13	14
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Waffles Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
17	18	19	20	21
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini French Toast w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
24	25	26	27	28
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Waffles Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
31				
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice				

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UBAH MEDICAL ACADEMY

December 2021

HALAL HOT LUNCH

PRICE: STUDENT - No Charge

SERVED DAILY

Regular Entrée and/or Meatless/Vegetarian Alternate Entree
Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach
Low Fat Dressing/Dip
Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cheese Pizza	Marinated Chicken Leg Yellow Rice	Pasta w/ Meatsauce Garlic Breadstick
		Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk	Salad, Veggies, Fruit, Milk
6	7	8	9	10
Chicken Shawarma Steamed Rice Salad, Veggies, Fruit, Milk	Beef & Cheese Lasagna Garlic Breadstick Salad, Veggies, Fruit, Milk	Chicken Suqaar Yellow Rice Salad, Veggies, Fruit, Milk	Beef Gyro w/ Pita Hummus & Cucumber Sauce Salad, Veggies, Fruit, Milk	Chicken Patty Sandwich Potato Wedges Salad, Veggies, Fruit, Milk
13	14	15	16	17
Chicken Strips w/ Mashed Potatoes & Roll Salad, Fruit, Milk	Beef Patty w/ Cheese on Bun Potato Wedges Salad, Fruit, Milk	Tandoori Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Pasta w/ Meatballs Dinner Roll Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk
20	21	22	23	24
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
27	28	29	30	31
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

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December 2021

BREAKFAST

PRICES: STUDENT - No Charge

SERVED DAILY

Fruit Juice - Apple, Mixed Berry, Kiwi/Strawberry, Orange, Fruit Punch
Fresh Fruit - Apple, Orange, Pears, Raisins, Craisins, Applesauce
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Bagel w/ Cream Cheese Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
6	7	8	9	10
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Waffles Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
13	14	15	16	17
Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Mini French Toast w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	French Toast Sticks w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Waffle w/ Syrup Or Breakfast Cereal w/ String Cheese/Yogurt Fruit and/or Juice
20	21	22	23	24
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
27	28	29	16	17
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

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Fresh Veggies and/or Lettuce - Carrots, Broccoli, Cucumber, Tomatoes, Celery, and/or Romaine, Iceberg, Spinach
Low Fat Dressing/Dip
Fruit - Apple, Orange, Pear, Banana, Raisins, Craisins, OR Applesauce Cup
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Beef Patty w/ Cheese on Bun Potato Wedges Salad, Fruit, Milk	Chicken Shawarma Wrap Hummus Salad, Veggies, Fruit, Milk	Seasoned Chicken Leg Bariis Rice Salad, Veggies, Fruit, Milk	Beef & Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk	Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk
8	9	10	11	12
BBQ Chicken on Bun Baked Beans Salad, Fruit, Milk	Pasta w/ Meatsauce Dinner Roll Salad, Veggies, Fruit, Milk	Tandoori Chicken Leg Yellow Rice Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk	No School
15	16	17	18	19
Beef Patty w/ Cheese on Bun Potato Wedges Salad, Fruit, Milk	Marinated Chicken Leg Bariis Rice Salad, Veggies, Fruit, Milk	Mac & Cheese Dinner Roll Salad, Veggies, Fruit, Milk	Chicken Shawarma Wrap Hummus Salad, Veggies, Fruit, Milk	Cheesy Breadsticks Marinara Sauce Salad, Veggies, Fruit, Milk
22	23	24	25	26
Beef Gyro w/ Pita Bread & Cucumber Sauce Salad, Veggies, Fruit, Milk	Cheese Pizza Salad, Veggies, Fruit, Milk	Beef & Cheese Lasagna Soft Breadstick Salad, Veggies, Fruit, Milk	No School	No School
29	30			
Beef Patty w/ Cheese on Bun Potato Wedges Salad, Fruit, Milk	Chicken Alfredo Dinner Roll Salad, Veggies, Fruit, Milk			

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Fresh Fruit - Apple, Orange, Pears, Raisins, Craisins, Applesauce
Variety of Milk, including Skim

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Mini Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Bagel w/ Cinnamon Cream Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Assorted Muffin w/ Boiled Egg Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese Fruit and/or Juice
8	9	10	11	12
Mini Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini French Toast Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Waffles Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	No School
15	16	17	18	19
Mini Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Bagel w/ Cinnamon Cream Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Assorted Muffin w/ Boiled Egg Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Nutritional Bar w/ Yogurt Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Cinnamon Roll Or Breakfast Cereal w/ String Cheese Fruit and/or Juice
22	23	24	25	26
Mini Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini French Toast Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Waffles Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	No School	No School
29	30			
Mini Pancakes w/ Syrup Or Breakfast Cereal w/ String Cheese Fruit and/or Juice	Mini Bagel w/ Cinnamon Cream Cheese Or Breakfast Cereal w/ String Cheese Fruit and/or Juice			

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