



preferred meals  
an ellor company  
**Lunch**

## AMERISCHOOLS ACADEMY

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| October 29, 2018   | October 30, 2018   | October 31, 2018   | November 1, 2018   | November 2, 2018   |
|  |  |  | MAC & CHEESE ^<br>Country Blend Vegetables<br>Fresh Fruit<br>Choice of Milk  | *NEW ITEM*<br>ITALIAN CHICKEN PARMESAN ^<br>Hamburger Bun ^<br>Broccoli<br>Baby Carrots<br>Light Ranch Dressing<br>Fresh Fruit<br>Choice of Milk |
| November 5, 2018   | November 6, 2018   | November 7, 2018   | November 8, 2018   | November 9, 2018   |
| CHEESE PIZZA ^<br>Mixed Vegetables<br>Grape Juice<br>Choice of Milk                          | CHILI<br>Corn Muffin ^<br>French Fries<br>Diced Peaches<br>Ketchup<br>Choice of Milk   | CHICKEN TENDERS WITH<br>POTATO WEDGES ^<br>Maple Baked Beans<br>Fresh Fruit<br>BBQ Sauce<br>Ketchup<br>Choice of Milk      | HOMESTYLE SALISBURY<br>STEAK W/GRavy<br>Sliced Bread ^<br>Mashed Potatoes<br>Baby Carrots<br>Light Ranch Dressing<br>Mixed Fruit Cup<br>Choice of Milk | RANCH TURKEY BURGER<br>Hamburger Bun ^<br>Romaine Salad<br>Pickle Chips<br>Fresh Fruit<br>Light Ranch Dressing (2)<br>Choice of Milk             |
| November 12, 2018  | November 13, 2018  | November 14, 2018  | November 15, 2018  | November 16, 2018  |
| NO SCHOOL  | NO SCHOOL  | PIZZA DIPPERS ^<br>Marinara Dipping Sauce<br>Baby Carrots<br>Light Ranch Dressing<br>Blended Fruit Juice<br>Choice of Milk | CHEESEBURGER<br>Hamburger Bun ^<br>Golden Potato Rounds<br>Fresh Fruit<br>Mustard<br>Ketchup<br>Choice of Milk   | POPCORN CHICKEN ^<br>Romaine Salad<br>Cucumber Coins<br>Light Ranch Dressing<br>Fresh Fruit<br>BBQ Sauce<br>Choice of Milk                       |
| November 19, 2018  | November 20, 2018  | November 21, 2018  | November 22, 2018  | November 23, 2018  |
| SAUSAGE PIZZA ^<br>Corn<br>Diced Peaches<br>Choice of Milk                                   | HOLIDAY MEAL**<br>TURKEY W/STUFFING<br>GRAVY<br>SWEET POTATOES ^<br>Green Beans<br>Diced Pears<br>Chocolate Cookie ^<br>Choice of Milk | NO SCHOOL  | THANKSGIVING   | NO SCHOOL  |
| November 26, 2018  | November 27, 2018  | November 28, 2018  | November 29, 2018  | November 30, 2018  |
| Mixed Fruit Cup<br>Choice of Milk<br>SPAGHETTI & MEATBALLS ^<br>Corn Muffin ^<br>Green Beans | CHICKEN NUGGETS<br>WITH POTATO ROUNDS ^<br>Mixed Vegetables<br>Blended Fruit Juice<br>BBQ Sauce<br>Ketchup<br>Choice of Milk           | FRENCH BREAD<br>CHEESE PIZZA ^<br>Romaine Salad<br>Light Ranch Dressing<br>Diced Pears<br>Choice of Milk                   | CHICKEN TACO<br>Tortilla Chips ^<br>Corn<br>Fresh Fruit<br>Choice of Milk  | HOT DOG W/<br>POTATO ROUNDS<br>Hot Dog Bun ^<br>Maple Baked Beans<br>Fresh Fruit<br>Mustard<br>Ketchup<br>Choice of Milk                         |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*MENU SUBJECT TO CHANGE\*\*

^ Denotes item is whole-grain/whole wheat

\*\* This institution is an equal opportunity provider.

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