



# September

## Amerischool

# 2019

### Lunch Menu

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
	<b>LABOR DAY</b>	Chicken Nuggets Veggie Wrap Carrots Fruit of the Day Variety Milk	Beef Tacos Southwest Salad Green Beans Fruit of the Day Variety Milk	Chicken Parmesan PB&J Uncrustable Mushed Potatoes Fruit of the day, Variety Milk	Pepperoni Pizza Cheese Pizza Broccoli Fruit of the day, Variety Milk	
8 <i>Menu Subject to change</i>	9 Beef Nachos Cheese Nachos Corn Fruit of the day, Variety Milk	10 Chicken Fajitas Bean & Cheese Burrito Carrots Fruit of the day, Variety Milk	11 Orange Chicken w Rice Veggie Stir Fry w Cheese & Rica Green Beans Fruit of the day, Variety Milk	12 Chicken Quesadilla Cheese Quesadilla Refried Beans Fruit of the day, Variety Milk	13 Pepperoni Pizza Cheese Pizza Broccoli Fruit of the day, Variety Milk	14
15 	16 Chicken Patty Sandwich PB&J Uncrustable Corn Fruit of the day, Variety Milk	17 Corn Dogs Southwest Salad Carrots Fruit of the day, Variety Milk	18 Spaghetti w Meat Sauce Spaghetti w sauce Green Beans Fruit of the day, Variety Milk	19 Carne Asada w Tortillas Bean & Cheese Burrito Refried Beans Fruit of the day, Variety Milk	20 Pepperoni Pizza Cheese Pizza Broccoli Fruit of the day, Variety Milk	21 
22	23 Hotdog Grilled Cheese Sandwich Corn Fruit of the day, Variety Milk	24 Baked Ziti w Meat Sauce Baked Ziti w Soy Carrots Fruit of the day, Variety Milk	25 Chicken w Enchilada Sauce & Peppers and Tortilla Bean Burrito Refried Beans Fruit of the day, Variety Milk	26 Chicken Sandwich Vegetable Stir Fry w Cheese & Rice Green Beans Fruit of the day, Variety Milk	27 Pepperoni Pizza Cheese Pizza Broccoli Fruit of the day, Variety Milk	28
29 	30 Chicken Tenders PB&J Uncrustable Sandwich Corn Fruit of the day, Variety Milk			<b>Smoothie Day On Thursday</b>	<b>Cooking Class on a Friday!!</b>	

\*This Institution is an equal Opportunity Provider\*