

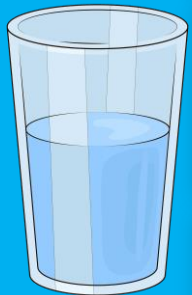
SEPTEMBER 2020

HAPPY
Labor Day

Amerischool – Lunch Menu



During summer..
Don't forget to drink enough Water



Fruits of the Day:

- Apple
- Banana
- Fruit Cocktail
- Grapes
- Honeydew
- Orange
- Pears
- Plums
- Watermelon

	T	W	T	F
M	<ul style="list-style-type: none"> • Turkey and cheese Sandwich • Carrots • Fruit of the day • Variety Milk <p>1</p>	<ul style="list-style-type: none"> • Potato & Egg Salad Sandwich • Refried Beans • Fruit of the day • Variety Milk <p>2</p>	<ul style="list-style-type: none"> • Tuna Salad Sandwich • Green Beans • Fruit of the day • Variety Milk <p>3</p>	<ul style="list-style-type: none"> • Pepperoni Pizza • Broccoli • Fruit of the day • Variety of Milk <p>4</p>
	<ul style="list-style-type: none"> • Chicken Wrap • Corn • Fruit of the day • Variety Milk <p>7</p>	<ul style="list-style-type: none"> • Hawaiian Sandwich • Carrots • Fruit of the day • Variety Milk <p>8</p>	<ul style="list-style-type: none"> • Southwest Chicken Wrap • Refried Beans • Fruit of the day • Variety Milk <p>9</p>	<ul style="list-style-type: none"> • Turkey Sub • Green Beans • Fruit of the day • Variety Milk <p>10</p>
	<ul style="list-style-type: none"> • Hawaiian Ham & cheese sandwich • Corn • Fruit of the day • Variety Milk <p>14</p>	<ul style="list-style-type: none"> • PB&J Sandwich • Carrots • Fruit of the day • Variety Milk <p>15</p>	<ul style="list-style-type: none"> • Ham and Cheese Wrap • Refried Beans • Fruit of the day • Variety Milk <p>16</p>	<ul style="list-style-type: none"> • Tuna Salad Sandwich • Green Beans • Fruit of the day • Variety Milk <p>17</p>
	<ul style="list-style-type: none"> • Chicken Caesar Salad Wrap • Corn • Fruit of the day • Variety Milk <p>21</p>	<ul style="list-style-type: none"> • Turkey & Cheese Sandwich • Carrots • Fruit of the day • Variety Milk <p>22</p>	<ul style="list-style-type: none"> • Chicken Salad Sandwich • Refried Beans • Fruit of the day • Variety Milk <p>23</p>	<ul style="list-style-type: none"> • Potato & Egg salad Sandwich • Green Beans • Fruit of the day • Variety Milk <p>24</p>
	<ul style="list-style-type: none"> • Macaroni w Ham & Cheese Salad • Corn • Fruit of the day • Variety of Milk <p>28</p>	<ul style="list-style-type: none"> • Tuna Salad Sandwich • Carrots • Fruit of the day • Variety Milk <p>29</p>	<ul style="list-style-type: none"> • Chicken Wrap • Refried Beans • Fruit of the day • Variety Milk <p>30</p>	<ul style="list-style-type: none"> • Pepperoni Pizza • Broccoli • Fruit of the day • Variety of Milk <p>25</p>

HEALTHYINNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

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