

OCTOBER 2021

Amerischool - Lunch Menu



M

Corn Dogs
Corn
Fruit of the day
Milk Variety

4

T

Spaghetti w Meat Sauce
Carrots
Fruit of the day
Milk Variety

5

W

Chicken Fajitas w Tortilla
Refried Beans
Fruit of the day
Milk Variety

6

T

Sloppy Joe
Green Beans
Fruit of the day
Milk Variety

7

F

Pepperoni Pizza
Iceberg Salad
Fruit of the day
Milk Variety

1



11



12



13



14



15

Fish Nuggets
Corn
Fruit of the day
Milk Variety

18



Orange Chicken w Rice
Carrots
Fruit of the day
Milk Variety

19

Cheese Nachos
Refried Beans
Fruit of the day
Milk Variety

20

Cheeseburger
Green Beans
Fruit of the day
Milk Variety

21

Pepperoni Pizza
Iceberg Salad
Fruit of the day
Milk Variety

22

Turkey Hot Dog
Mashed Potatoes
Fruit of the day
Milk Variety

25

Mac & Cheese
Carrots
Fruit of the day
Milk Variety

26

Cheese Quesadilla
Refried Beans
Fruit of the day
Milk Variety

27

Cheese Pocket
Green Beans
Fruit of the day
Milk Variety

28



Pepperoni Pizza
Iceberg Salad
Fruit of the day
Milk Variety

29

Fruit of the Day:

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

HEALTHYINNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

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MENUS SUBJECT TO CHANGE

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