

November 2022



Amerischool - Lunch Menu



M

Chicken Patty Sandwich
Corn
Fruit of the day
Milk Variety 7

Cheeseburger
Corn
Fruit of the day
Milk Variety 14

Chicken Nuggets
Corn
Fruit of the day
Milk Variety 21

Hamburger
Corn
Fruit of the day
Milk Variety 28

T

Spaghetti w Meat
Sauce & Garlic Bread
Carrots
Fruit of the day
Milk Variety 1

Mac & Cheese
Carrots
Fruit of the day
Milk Variety 8

Baked Ziti w Meat Sauce
Carrots
Fruit of the day
Milk Variety 15

Turkey & Cheese Sandwich
Carrots
Fruit of the day
Milk Variety 22

Alfredo Pasta w Garlic
Bread
Carrots
Fruit of the day
Milk Variety 29

W

Beef Tacos
Refried Beans
Fruit of the day
Milk Variety 2

Cheese Quesadilla
Refried Beans
Fruit of the day
Milk Variety 9

THANKSGIVING DINNER
Turkey w Roll
Mashed Potato
Pumpkin Pie
Fruit of the day
Milk Variety 16

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 23

Beef Picadillo w Tortilla
Refried Beans
Carrots
Fruit of the day
Milk Variety 30

T

Orange Chicken w Rice
Green Beans
Fruit of the day
Milk Variety 3

BBQ Chicken Sandwich
Green Beans
Fruit of the day
Milk Variety 10

Teriyaki Chicken w Rice
Green Beans
Fruit of the day
Milk Variety 17

Thanksgiving Break



F

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 4



Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 18

Thanksgiving Break



Fruit of the day:

Grapes,
Peaches,
Watermelon,
Banana, Pears,
Apple, Orange,
Fruit Cup, Pears,
Nectarines,
Pineapple,
Cantaloupe,
Honey dew,
Plums,

HEALTHY INNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

Nutritional Manager: Mirna Arenas
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MENUS SUBJECT TO CHANGE

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