



hello  
SUMMER

# MAY 2023

## AMERISCHOOL - LUNCH MENU

**M**  
Chicken Patty  
Corn  
Fruit of the day  
Milk Variety 1

Cheeseburger  
Corn  
Fruit of the day  
Milk Variety 8

Chicken Nuggets  
Corn  
Fruit of the day  
Milk Variety 15

Hot Dog  
Corn  
Fruit of the day  
Milk Variety 22

29

**T**  
Spaghetti w Meat  
Sauce & Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk 2

Baked Ziti w Meat  
Sauce & Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk 9

Mac & Cheese &  
Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk 16

Alfredo Pasta &  
Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk 23

30

**W**  
Chicken Fajitas w  
Tortilla  
Refried Beans  
Fruit of the day  
Variety of Milk 3

Cheese Quesadilla  
Refried Beans  
Fruit of the day  
Variety of Milk 10

Picadillo w Tortilla  
Refried Beans  
Fruit of the day  
Variety of Milk 17

Beef Nachos  
Refried Beans  
Fruit of the day  
Variety of Milk 24

31

**T**  
Orange Chicken w Rice  
Green Beans  
Fruit of the day  
Variety of Milk 4

Teriyaki Chicken w Rice  
Green Beans  
Fruit of the day  
Variety of Milk 11

Turkey & Cheese Sub  
Green Beans  
Fruit of the day  
Variety of Milk 18

Turkey & Cheese  
Sandwich  
Green Beans  
Fruit of the day  
Variety of Milk 25

**F**  
Corn Dog  
Romaine Salad  
Fruit of the day  
Variety of Milk 5

Pepperoni Pizza  
Romaine Salad  
Fruit of the day  
Variety of Milk 12

Bean & Cheese Burrito  
Romaine Salad  
Fruit of the day  
Variety of Milk 19

Pepperoni Pizza  
Romaine Salad  
Fruit of the day  
Variety of Milk 26

**Fruit of the Day:**  
Apple, Banana, Mix  
Fruit, Grapes,  
Honeydew, Orange,  
Pears, Plums,  
Strawberries,  
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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