

OCTOBER 2023

Amerischool - Lunch Menu

M

Chicken Nuggets
Corn
Fruit of the day
Milk Variety 2

T

Mac & Cheese w
Roll
Carrots
Fruit of the day
Milk Variety 3

W

Alambre Chicken
Tacos
Refried Beans
Fruit of the day
Milk Variety

T

Bean & Cheese
Burrito
Green Beans
Fruit of the day
Milk Variety 5

F

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 6

Fruit of the day:

Apple, Pear,
Grapes,
Peaches,
Banana,
Plum,
Nectarines,
Oranges,
Watermelon
, Honeydew,
Cantaloupe,
Berries

NO SCHOOL
FALL BREAK 9

HAVE A GOOD
fall break 10 11

NO SCHOOL
FALL BREAK 12

NO SCHOOL
FALL BREAK 13

Cheeseburger
Corn
Fruit of the day
Milk Variety 16

Chicken & Waffle
Carrots
Fruit of the day
Milk Variety 17

Machaca Burrito
Refried Beans
Fruit of the day
Milk Variety 18

Chicken Smackers
w Rice Bowl
Green Beans
Fruit of the day
Milk Variety 19

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 20

Chicken Patty
Sandwich
Corn
Fruit of the day
Milk Variety 23

Alfredo Pasta w
Garlic Bread
Carrots
Fruit of the day
Milk Variety 24

Baked Potato
Loaded
Green Beans
Fruit of the day
Milk Variety 25

Turkey & Cheese
Sub
Cucumbers
Fruit of the day
Milk Variety 26

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 27

Buffalo Chicken
Wings
Corn
Fruit of the day
Milk Variety 30

Spaghetti w Meat
Sauce & Garlic
Bread
Carrots
Fruit of the day
Milk Variety 31

HEALTHYINNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.
Nutrition Manager : Mirna Arenas
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MENUS SUBJECT TO CHANGE

