



# February



## AMERISCHOOL- BREAKFAST MENU

**M**

Cereal bar  
Fruit of the day  
Juice  
Milk Variety

3

**T**

French Toast  
Fruit of the day  
Juice  
Milk variety

4

**W**

Banana Bread  
Fruit of the day  
Juice  
Milk variety

5

**T**

Turkey and cheese  
muffin  
Fruit of the day  
Juice  
Milk variety

6

**F**

Cereal bar  
Fruit of the day  
Juice  
Milk Variety

7

Cereal and crackers  
Fruit of the day  
Juice  
Milk variety

10

Cinnamon roll  
Fruit of the day  
Juice  
Milk Variety

11

Danish  
Fruit of the day  
Milk variety

12

Sausage and egg  
burrito  
Fruit of the day  
Juice  
Milk Variety

13

No School

14

No School  
Presidents day

17

Waffles  
Fruit of the day  
Juice  
Milk variety

18

Mini Loaf  
Fruit of the day  
Juice  
Milk Variety

19

Chorizo Egg and  
Potato Burrito  
Fruit of the day  
Juice  
Milk variety

20

Pop Tart  
Fruit of the day  
Juice  
Milk variety

21

Cereal and crackers  
Fruit of the day  
Juice  
Milk variety

24

Bagel w cream cheese  
Fruit of the day  
Juice  
Milk Variety

25

Yogurt and crackers  
Fruit of the day  
Juice  
Milk variety

26

Bacon and egg  
burrito  
Fruit of the day  
Juice  
Milk variety

27

Mini Bagel  
Fruit of the day  
Juice  
Milk Variety

28



**HEALTHYINNOVATIONS**  
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.  
**MENUS SUBJECT TO CHANGE**



# February



## AMERISCHOOL- Lunch Menu

**M**

All American  
Cheeseburger  
French Fries  
Fruit of the day  
Milk Variety

3

**T**

Mac and Cheese  
Dinner Roll  
Carrots  
Fruit of the day  
Milk Variety

4

**W**

Ham and cheese  
sandwich  
Chips  
Fruit of the day  
Milk Variety

5

**T**

Chicken Taquitos  
Refried Beans  
Fruit of the day  
Milk Variety

6

**F**

Pepperoni Pizza  
Garden Salad  
Fruit of the day  
Milk Variety

7

Chicken Nuggets  
Potatoes wedges  
Fruit of the day  
Milk Variety

10

Teriyaki chicken with  
rice  
Carrots  
Fruit of the day  
Milk Variety

11

Turkey and cheese  
sandwich  
Chips  
Fruit of the day  
Milk Variety

12

Beef nachos  
Refried Beans  
Fruit of the day  
Milk Variety

13

No School

14

NO SCHOOL  
PRESIDENTS DAY

17

Spaghetti w meat  
sauce  
Dinner roll  
Carrots  
Fruit of the day  
Milk Variety

18

Ham and cheese  
sandwich  
Chips  
Fruit of the day  
Milk Variety

19

Chicken chimichangas  
Refried Beans  
Fruit of the day  
Milk Variety

20

Pepperoni Pizza  
Garden Salad  
Fruit of the day  
Milk Variety

21

Chicken Patty  
Sandwich  
French Fries  
Fruit of the day  
Milk Variety

24

Orange chicken with  
rice  
Carrots  
Fruit of the day  
Milk Variety

25

Turkey and cheese  
sandwich  
Chips  
Fruit of the day  
Milk Variety

26

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

27

Pepperoni Pizza  
Garden Salad  
Fruit of the day  
Milk Variety

28

2



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