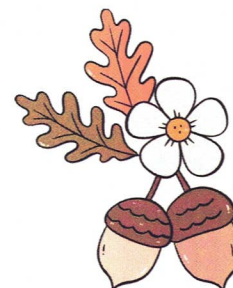


October

AmeriSchools Academy

Lunch



Monday

Tuesday

Wednesday

Thursday

Friday

5

Fall Break

6

Fall Break

7

Fall Break

1

Chicken
Mozzarella
Poppers

2

NO SCHOOL

12

Beef & bean
burrito

13

Homestyle
Chicken N' Mashed
w/ corn

14

Chicken Teriyaki

15

Italian
Meatball
Bowl

16

Soft Pretzel
&
Cheese

19

Chicken
Patty
Sandwich

20

N1 Beand & Cheese
Burrito

21

Chicken Nuggets
&
Cheddar

22

Oodles of Noodles
w/ Meat

23

Cheeseburger

26

Chicken
Corn Dog

27

Beef & Cheese
Quesadilla

28

Penne Alfredo

29

Orange
Chicken with
brown Rice

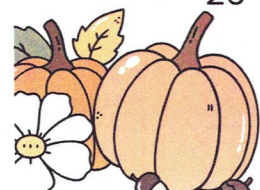
30

Pizza

This institution is an equal opportunity provider.

Choice of 1% White FF Chocolate milk
Menu subject to change

All meals served with
vegetables, fruit, and milk



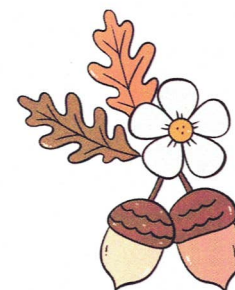


October



AmeriSchools Academy

Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

1

Banana
Muffin

2

NO SCHOOL

5

Fall Break

6

Fall Break

7

Fall Break

8

Fall Break

9

Fall Break



12

WG Pancakes

13

Honey Cheerios
Cereal
Bowl

14

Banana Chocolate
Chip

15

Mini Glazed
Donuts

16

Apple Strudel

19

Mini Cinnis

20

Cinnamon Toast
Crunch Cereal Bar

21

Blueberry Snack
N'Waffle

22

Mantecada Muffin

23

Chicken Sausage
Pancake Wrap

26

French Toas Sticks

27

Trix Cereal Bar

28

Strawberry
Yogurt

29

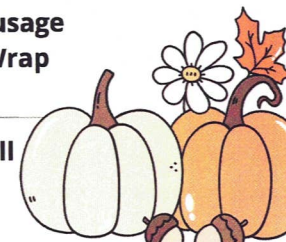
Filled
Cinnamon
toast Crunch
Bar



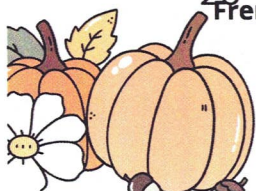
Choice of 1% White FF Chocolate milk
Menu subject to change

30

Caramel Pull
apart



All meals served with
vegetables, fruit, and milk



This institution is an equal opportunity provider.