

November 2020

Lunch Meal contains five items: 1Fruit, 1Vegetable, 1Grain, 1 Meat or



Meat alternate and 1 Milk. All students are eligible for one free Lunch meal Complete meal is 3 to 5 items from the menu one of the items has to be Fruit or Vegetable



AMERICAN YOUTH ACADEMY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2 K3-12th: Extra Cheese Pizza Garden Salad Grape Tomato	3 K3-5th: Beef Tacos Fries, Baby Carrots 6th-12th: Taco Salad	4 K3-12th: Garlic Chicken with Noodles Salad Mix Fresh Broccoli	5 K3-12th: Baked Kufta , Brown Rice Salad mix, Plain Yogurt Pita Bread	6 K3-12th: Chicken Nuggets , Roasted zucchini Salad mix Pasta Salad		
8	9 K3-12th: Extra Cheese Pizza Sliced Cucumbers Grape Tomato	10 K3-12th: Baked Ziti pasta with ground beef and red sauce Fresh Broccoli , Salad	11 K3-5th: Chicken Fingers, Fries, Baby Carrots 6th-12th: Chicken shawarma sand, Salad Mix, Baby Carrots	12 K3-12th: Beef stew w /Potatoes and Carrots, Brown Rice, Salad & Yogurt	13 K3-12th: Chicken Patties, Roasted zucchini Fries	14
15	16 K3-12th: Extra Cheese Pizza Sliced Cucumbers Grape Tomato	17 K3-12th: Cheese Burgers Fries Baby Carrots	18 K3-12th: Macaroni n Cheese Salad Mix Steamed Broccoli Chili soup w/Beef	19 K3-12th: Coconut Curry Chicken, Brown Rice, salad Mix, Yogurt	20 K3-12th: Chicken Fingers Roasted zucchini Salad mix, Pasta Salad	21
22	23 K3-12th: Extra Cheese Pizza Sliced Cucumbers Grape Tomato	24 K3-12th: Chicken Patties, Fries Baby Carrots	25 K3-12th: Chicken Alfredo Pasta Steamed Broccoli, Salad Mix	 Thanksgiving Break		28
29	30 K3-12th: Extra Cheese Pizza Sliced Cucumbers Grape Tomato	31 K3-12th: Rotisserie chicken Sand or Tuna Sand Fries, Baby Carrots				

Fresh Fruits or 100% Juice, Bread & Milk will be offered with all meals. , All Students Eligible for FREE Meal Daily Staff : \$4.00

Please note that menu is subject to change depending on the availability of food products.