

October 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 K3-5th : Baked Boneless Chicken , Green Beans with Tomato Sauce, Salad, Brown Rice, Yogurt 6th-12th : Buffalo wings, Mashed Potato, Salad mix	2 K3-12th : Chicken Nuggets , Salad mix Pasta Salad Baby carrots	3	
4	5 K3-12th : Pasta with Ground beef and spaghetti sauce, Fresh Broccoli , Salad	6 K3-12th : Beef Tacos Fries Baby Carrots	7 K3-12th : Extra Cheese Pizza Garden Salad Grape Tomato	8 K3-12th : BBQ Chicken Mashed Potatoes Mixed Salad	9 K3-12th : Chicken Patties, Garden Salad Baby Carrots	10	
11	12 K3-12th : Macaroni n Cheese Salad Mix Steamed Broccoli Chili soup w/Beef	13 K3-12th : Beef Hot dog on a bun, Fries Baby Carrots	14 K3-12th : Extra Cheese Pizza Garden Salad Grape Tomato	15 K3-12th : Chicken Teriyaki with Asian Veggies, Brown Rice Salad	16 Staff Day		17
18	19 K3-K12th : Beefaroni, Fresh Broccoli, Salad Mix	20 K3-12th : Cheese Burgers Fries Baby Carrots	21 K3-12th : Extra Cheese Pizza Garden Salad Grape Tomato	22 K3-12th : Chicken Nachos Garden Salad Corn	23 K3-12th : Chicken Fingers Salad mix Pasta Salad Baby carrots	24	
25	26 K3-12th : Lentil Rice (Mjadarah) Plain Yogurt, Garden Salad,	27 K3-12th : Chicken Patties, Fries Baby Carrots	28 K3-12th : Extra Cheese Pizza Garden Salad Grape Tomato	29 K3-12th : Beef stew w /Potatoes and Carrots, Brown Rice, Salad & Yogurt	30 K3-12th : Beef Hot dog on a bun Baby Carrots Fries	31	

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.