

September 2019

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, 100% juice is Fruit.



AMERICAN YOUTH ACADEMY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 K3-12th: Hot dog on a bun Romaine Salad Fries	4 K3-12th: Extra Cheese Pizza Garden Salad Baby Carrots Chili Soup	5 K3-5th: Baked Boneless Chicken thighs, Green Beans with Tomato Sauce, Salad, Brown Rice, Yogurt 6th-12th: Chicken Stir Fry with Asian Veggies, Brown Rice, Salad	6 K3-12th: Chicken Fingers Pasta Salad Baby carrots Salad Mix	7
8	9 K3-12th: Macaroni n Cheese Salad Mix Steamed Broccoli Chili soup w/Beef	10 K3-12th: Chicken Patties, Salad Mix Baby Carrots	11 K3-12th: Extra Cheese Pizza Garden Salad Baby Carrots Chili Soup	12 K3-12th: Baked Boneless Chicken thighs, Green Beans with Tomato Sauce, Salad, Brown Rice, Yogurt	13 K3-12th: Chicken Nuggets , Salad mix Pasta Salad Baby carrots	14
15	16 K3-K5th: Beefaroni, Fresh Broccoli, Baby Carrots 1st-12th: Spaghetti w/ meat sauce, Fresh Broccoli, Baby Carrots	17 K3-5th: Chicken Patties, Salad, Baby Carrots 6th-12th: Chicken Fajitas, Salad, Baby Carrots	18 K3-12th: Extra Cheese Pizza Garden Salad Baby Carrots Chili Soup	19 K3-5th: Baked Boneless Chicken thighs, Green Beans with Tomato Sauce, Salad, Brown Rice, Yogurt 6th-12th: Coconut Curry Chicken, Salad, Rice, salad Mix, Yogurt	20 K3-12th: Chicken Fingers Mashed Potato, Corn, Romaine Salad	21
22	23 K3-12th: Chicken Alfredo Pasta Steamed Broccoli, Baby Carrots	24 K3-12th: Tuna Or Sloppy Joe Sandwich Romaine Salad Fries	25 K3-12th: Extra Cheese Pizza Garden Salad Baby Carrots Chili Soup	26 K3-5th: Beef , Mixed Veggies with Tomato Sauce, Brown Rice, Salad Mix& Yogurt 6th-12th: Chicken Burrito bowl w/ Brown Rice	27 K3-12th: Chicken Nuggets , Salad mix Pasta Salad Baby carrots	28
29	30 K3-12th: Pasta with Spaghetti Sauce & meat Fresh Broccoli Salad Mix					

Fruits:(Apples, Bananas, Orange slices, Fruit Salad, 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.