

# September 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
		<b>1</b> <b>K3-K12th :</b> Beefaroni, Fresh Broccoli, Baby Carrots	<b>2</b> <b>K3-12th :</b> Chicken Fingers Mashed Potato, Corn, Romaine Salad	<b>3</b> <b>K3-12th:</b> Extra Cheese Pizza Garden Salad Celery Sticks	<b>4</b> <b>K3-12th :</b> Chicken Patties, Fries Baby Carrots	<b>5</b>
<b>6</b>	<b>7</b> 	<b>8</b> <b>K3-12th :</b> Pasta with Ground beef and spaghetti sauce, Fresh Broccoli , Baby Carrots	<b>9</b> <b>K3-12th:</b> Extra Cheese Pizza Garden Salad Celery Sticks	<b>10</b> <b>K3-12th :</b> Cheese Burgers Fries Baby Carrots	<b>11</b> <b>K3-12th :</b> Chicken Nuggets , Salad mix Pasta Salad Baby carrots	<b>12</b>
<b>13</b>	<b>14</b> <b>K3-12th :</b> Macaroni n Cheese Salad Mix Steamed Broccoli Chili soup w/Beef	<b>15</b> <b>K3-12th :</b> Chicken Patties, Fries Baby Carrots	<b>16</b> <b>K3-12th:</b> Extra Cheese Pizza Garden Salad Celery Sticks	<b>17</b> <b>K3-12th :</b> Chicken Fingers Mashed Potato, Corn, Romaine Salad	<b>18</b> <b>K3-12th :</b> Hot dog on a bun Romaine Salad Fries	<b>19</b>
<b>20</b>	<b>21</b> <b>K3-12th:</b> Lentil Rice (Mjadarah) Plain Yogurt, Garden Salad, Baby Carrots	<b>22</b> <b>K3-12th :</b> Cheese Burgers Fries Baby Carrots	<b>23</b> <b>K3-12th:</b> Extra Cheese Pizza Garden Salad Celery Sticks	<b>24</b> <b>K3-12th :</b> Chicken Nachos Garden Salad Corn	<b>25</b> <b>K3-12th :</b> Chicken Nuggets , Salad mix Pasta Salad Baby carrots	<b>26</b>
<b>27</b>	<b>28</b> <b>K3-K12th :</b> Beefaroni, Fresh Broccoli, Baby Carrots	<b>29</b> <b>K3-12th :</b> Hot dog on a bun Romaine Salad Fries	<b>30</b> <b>K3-12th:</b> Extra Cheese Pizza Garden Salad Celery Sticks			

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.*