

SEPTEMBER 2018 - Dinner

Las Américas ASPIRA Academy

Monday

Tuesday

Wednesday

Thursday

Friday

3

No School

4

Turkey Sandwich
Oven Fries
Fruit Variety
Milk Variety

5

Beefy Queso Burrito
Steamed Corn
Fruit Variety
Milk Variety

6

Fish Melt Sandwich
Steamed Broccoli
Fruit Variety
Milk Variety

7

Meatball Sub
Steamed Carrots
Fruit Variety
Milk Variety

10

Teriyaki Chicken
Steamed Peas and Carrots
Fruit Variety
Milk Variety

11

Chipotle Chicken Ciabatta
Seasoned Green Beans
Fruit Variety
Milk Variety

12

Baked Chicken Tenders
Baked Beans
Fruit Variety
Milk Variety

13

Grilled Turkey and Cheese Panini
Steamed Broccoli
Fruit Variety
Milk Variety

14

Ham and Cheese on a Pretzel Roll
Steamed Carrots
Fruit Variety
Milk Variety

17

Popcorn Chicken
Steamed Corn
Fruit Variety
Milk Variety

18

Mandarin Chicken
Steamed Corn
Fruit Variety
Milk Variety

19

Cheese Quesadilla with Salsa
Steamed Broccoli
Fruit Variety
Milk Variety

20

Cheeseburger
Oven Fries
Fruit Variety
Milk Variety

21

No School

24

Chicken Patty Sandwich
Steamed Carrots
Fruit Variety
Milk Variety

25

Mini Ravioli with Breadstick
Steamed Broccoli
Fruit Variety
Milk Variety

26

Stuffed Crust Cheese Pizza
Taco Fiesta Beans
Fruit Variety
Milk Variety

27

Pierogies in Tomato Sauce
Steamed Peas and Carrots
Fruit Variety
Milk Variety

28

Grilled Cheese Sandwich
Seasoned Green Beans
Fruit Variety
Milk Variety

- Fruit Variety includes daily options of apples, bananas, oranges, and seasonal fruits that will be provided from local farms
- Milk Variety includes Non-Fat & 1 % White, Non-Fat Chocolate, and Non-Fat Strawberry options
- Menu subject to change without notice

