

JANUARY 2019 - Dinner

Las Américas ASPIRA Academy

Monday

Tuesday

Wednesday

Thursday

Friday

1

No School

2

No School

3

Grilled Turkey and Cheese Panini
Steamed Broccoli
Side Salad Variety
Fruit Variety
Milk Variety

4

Baked Chicken Tenders
Baked Beans
Side Salad Variety
Fruit Variety
Milk Variety

7

Popcorn Chicken
Steamed Corn
Side Salad Variety
Fruit Variety
Milk Variety

8

Mandarin Chicken
Steamed Corn
Side Salad Variety
Fruit Variety
Milk Variety

9

Cheese Quesadilla with Salsa
Steamed Broccoli
Side Salad Variety
Fruit Variety
Milk Variety

10

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

11

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

14

Chicken Patty Sandwich
Steamed Carrots
Side Salad Variety
Fruit Variety
Milk Variety

15

Mini Ravioli with Breadstick
Steamed Broccoli
Side Salad Variety
Fruit Variety
Milk Variety

16

Stuffed Crust Cheese Pizza
Taco Fiesta Beans
Side Salad Variety
Fruit Variety
Milk Variety

17

Cheeseburger
Oven Fries
Side Salad Variety
Fruit Variety
Milk Variety

18

Grilled Cheese Sandwich
Seasoned Green Beans
Side Salad Variety
Fruit Variety
Milk Variety

21

No School

22

Cheesy Fish Taco
Oven Fries
Side Salad Variety
Fruit Variety
Milk Variety

23

Beefy Queso Burrito
Steamed Corn
Side Salad Variety
Fruit Variety
Milk Variety

24

Mini Personal Pizza
Steamed Broccoli
Side Salad Variety
Fruit Variety
Milk Variety

25

Meatball Sub
Steamed Carrots
Side Salad Variety
Fruit Variety
Milk Variety

28

Teriyaki Chicken
Steamed Peas and Carrots
Side Salad Variety
Fruit Variety
Milk Variety

29

Oven Baked Chicken
Seasoned Green Beans
Side Salad Variety
Fruit Variety
Milk Variety

30

French Bread Pizza
California Vegetable Blend
Side Salad Variety
Fruit Variety
Milk Variety

31

Grilled Turkey and Cheese Panini
Steamed Broccoli
Side Salad Variety
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 1 % White, Non-Fat Chocolate, and Non-Fat Strawberry options
- Menu subject to change without notice