



LUNCH

OCTOBER 2018

Las Américas ASPIRA Academy

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish Melt Sandwich Or <i>Vegetarian Option:</i> Vegetable Chili Potato Wedges Stewed Tomatoes Fruit Variety Milk Variety	2 Grilled Cheese Sandwich Or <i>Vegetarian Option:</i> Black Bean Fiesta Salad Tomato Soup Steamed Broccoli Fruit Variety Milk Variety	3 Pierogies in Tomato Sauce Or <i>Vegetarian Option:</i> Vegetable Quesadilla Steamed Peas and Carrots Steamed Green Beans Fruit Variety Milk Variety	4 Sloppy Joe Sandwich Or <i>Vegetarian Option:</i> Stuffed Baked Potato & Biscuit Baked Beans Steamed Carrots Fruit Variety Milk Variety	5 No School
8 No School	9 Seasoned Beef and Macaroni Or <i>Vegetarian Option:</i> Black Bean Fiesta Salad Steamed Peas and Carrots Oven Fries Fruit Variety Milk Variety	10 BBQ Pulled Pork Sandwich Or <i>Vegetarian Option:</i> Vegetable Quesadilla California Vegetable Blend Baked Beans Fruit Variety Milk Variety	11 Oven Baked Chicken with a Biscuit Or <i>Vegetarian Option:</i> Stuffed Baked Potato & Biscuit Steamed Corn Mashed Potatoes Fruit Variety Milk Variety	12 French Bread Cheese Pizza Or <i>Vegetarian Option:</i> Black Bean Garden Burger Sautéed Spinach Seasoned Green Beans Fruit Variety Milk Variety
15 Mini Raviolis with Breadstick Or <i>Vegetarian Option:</i> Vegetable Chili Side Caesar Salad Mashed Sweet Potatoes Fruit Variety Milk Variety	16 Grilled Turkey and Cheese Panini Or <i>Vegetarian Option:</i> Black Bean Fiesta Salad Steamed Broccoli Steamed Corn Fruit Variety Milk Variety	17 Baja Fish Taco Or <i>Vegetarian Option:</i> Vegetable Quesadilla Baked Beans Steamed Peas and Carrots Fruit Variety Milk Variety	18 Cheeseburger Or <i>Vegetarian Option:</i> Stuffed Baked Potato & Biscuit Potato Wedges Sautéed Spinach Fruit Variety Milk Variety	19 Chicken Cheese Quesadilla Or <i>Vegetarian Option:</i> Black Bean Garden Burger California Vegetable Blend Stewed Tomatoes Fruit Variety Milk Variety
22 Mandarin Chicken with Rice Or <i>Vegetarian Option:</i> Vegetable Chili Steamed Broccoli Steamed Peas and Carrots Fruit Variety Milk Variety	23 Cheesy Fish Taco Or <i>Vegetarian Option:</i> Black Bean Fiesta Salad Mashed Potatoes California Vegetable Blend Fruit Variety Milk Variety	24 Chicken Patty Sandwich Or <i>Vegetarian Option:</i> Vegetable Quesadilla Oven Fries Steamed Carrots Fruit Variety Milk Variety	25 Walking Taco Or <i>Vegetarian Option:</i> Stuffed Baked Potato & Biscuit Sautéed Spinach Taco Fiesta Beans Fruit Variety Milk Variety	26 Stuffed Crust Cheese Pizza Or <i>Vegetarian Option:</i> Black Bean Garden Burger Steamed Corn Steamed Green Beans Fruit Variety Milk Variety
29 Cheesesteak Or <i>Vegetarian Option:</i> Vegetable Chili Potato Wedges Steamed Carrots Fruit Variety Milk Variety	30 Spaghetti and Meatsauce Or <i>Vegetarian Option:</i> Black Bean Fiesta Salad Side Caesar Salad Steamed Broccoli Fruit Variety Milk Variety	31 Popcorn Chicken Or <i>Vegetarian Option:</i> Vegetable Quesadilla Mashed Sweet Potatoes Steamed Green Beans Fruit Variety Milk Variety		

- Daily Entrées include: Deli Sandwich & Sub, Chef Salads, Yogurt Parfaits, and Nacho & Cheese Platter with Salsa
- 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