


A.A.C.A. SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Labor Day No School	3 L. Taco * Romaine, tomato Corn, carrots, Fruit, milk	4 L. Hamburger * Whole grain bun * Baked beans Fruit, milk	5 L. Taco * Romaine, tomato Corn, carrots, Fruit, milk	6 L. Pizza * Romaine, tomato Carrots Pineapple Milk	7 Menu is Subject To change! * Whole Wheat
8 	9 L. Burrito * Romaine, tomato Green beans Celery sticks Fruit ,milk	10 L. Chicken fajita * Romaine, tomato Fruit ,milk	11 L. Hamburger * Whole grain bun * Baked beans Fruit, milk	12 L.Chicken in gravy Over brown rice* Green beans, Celery, fruit, Milk	13 L. Pizza * Romaine, tomato Carrots Pineapple Milk	14 Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand
15 	16 L. Corn dog * Romaine, tomato Corn, Celery sticks Fruit ,milk	17 L. Spaghetti * Dinner roll*, milk Romaine, tomato Green beans, Fruit	18 L. Chicken patty * Whole grain bun * Baked beans Fruit, milk	19 L. Hot dog Whole grain bun * Corn, carrots, Fruit, milk	20 L. Pizza * Romaine, tomato Carrots Pineapple Milk	21 
22 	23 L. Taquitos* Romaine, tomato Green beans Celery sticks Fruit ,milk	24 L.Chicken Alfredo * Dinner roll*, milk	25 L. Hamburger * Whole grain bun * Baked beans Fruit, milk	26 L. Chicken in gravy, brown rice* Green beans Fruit Dinner roll* Milk	27 L. Pizza * Romaine, tomato Carrots Pineapple Milk	28 
29 	30 L. Chicken fajita * Romaine, tomato Fruit ,milk	October 1 L. Taco * Romaine, tomato Corn, carrots, Fruit, milk	31 L. Chicken patty * Whole grain bun * Baked beans Fruit, milk	3 L. Nachos Chili beans Tortilla chips* Corn, fruit Milk	4 L. Pizza * Romaine, tomato Carrots Pineapple Milk	5 