

American Prep Lunch Menu

November to December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 12 - 16	Ham & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Italian Pasta Salad (Chicken) OR Vegetarian Italian Pasta Salad (Pasta, Dressing, Chicken, Olives, Cucumber, Tomato, Cheese) Fruit, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk	Caesar Salad (Chicken) OR Vegetarian Ceasar Salad (Romaine, Cheese, Tomatos, Dressing) Breadstick, Fruit, Milk	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk
Nov 19 - 23	Turkey & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Macaroni Salad (Ham) OR Vegetarian Macaroni Salad (Pasta, Mayo, Cheese, Peas, Celery, Onion) Fruit, Veggie, Milk	***Thanksgiving Break*** ***NO LUNCH***	***Thanksgiving Break*** ***NO LUNCH***	***Thanksgiving Break*** ***NO LUNCH***
Nov 26 - 30	Ham & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Macaroni & Marinara (Beef) OR Vegetarian Macaroni & Marinara (Pasta, Marinara Meat Sauce, Cheese) Fruit, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk	Italian Salad (Romaine, Chicken, Olives, Tomatoes, Cucumber, Dressing) Breadstick, Fruit, Milk	Turkey Hoagie Chips, Juice, Veggie, Milk
Dec 3 - 7	Turkey & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Southwest Pasta Salad (Chicken) OR Vegetarian Pasta Salad (Pasta, Dressing, Red Beans, Peppers, Olives, Tomato, Cheese) Fruit, Veggie, Milk	Muffin (Homemade) Yogurt, String Cheese Fruit, Veggie, Milk	Chef Salad (Turkey) OR Vegetarian Chev Salad (Romaine, Egg, Cheese, Peas, Dressing) Breadstick, Fruit, Milk	Ham Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk
Dec 10 - 14	Ham & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Italian Pasta Salad (Chicken) OR Vegetarian Italian Pasta Salad (Pasta, Dressing, Chicken, Olives, Cucumber, Tomato, Cheese) Fruit, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk	Caesar Salad (Chicken) OR Vegetarian Ceasar Salad (Romaine, Cheese, Tomatos, Dressing) Breadstick, Fruit, Milk	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk
Dec 17 - 21	Turkey & Cheese Sandwich OR Hummus with Pita Fruit, Veggie, Milk	Macaroni Salad (Ham) OR Vegetarian Macaroni Salad (Pasta, Mayo, Cheese, Peas, Celery, Onion) Fruit, Veggie, Milk	Muffin (Homemade) Yogurt, String Cheese Fruit, Veggie, Milk	Taco Salad (Beef) OR Vegetarian Taco Salad (Romaine, Black Beans, Corn, Cheese, Dressing) Breadstick, Fruit, Milk	***Winter Break*** ***NO LUNCH***