

# American Prep Lunch Menu

## October to November 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1 - 5	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
Oct 8 - 12	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
Oct 15 - 19	***Fall Break*** ***NO LUNCH***	***Fall Break*** ***NO LUNCH***	***Fall Break*** ***NO LUNCH***	***Fall Break*** ***NO LUNCH***	***Fall Break*** ***NO LUNCH***
Oct 22 - 26	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	***SECONDARY ONLY *** Ham Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk ***NO ELEMENTARY***
Oct 29 - Nov 2	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	***Early Dismissal*** ***NO LUNCH***	Italian Salad (Romaine, Chicken, Olives, Tomatoes, Cucumber, Dressing) Breadstick, Fruit, Milk	Turkey Hoagie Chips, Juice, Veggie, Milk
Nov 5 - 9	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