



Young Americans Christian School October 2019 Lunch Menu



MONDAY 30-Sep Orange Chicken Fried Rice EggRoll Fruit CHOICE OF MILK,SODA,WATER Grab and Go: CheeseBurger	TUESDAY 1-Oct French Toast Sausage Grits/Hashbrown Fruit CHOICE OF MILK,SODA,WATER Grab and Go: Chicken Sandwich	WEDNESDAY 2-Oct Chicken Tenders Broccoli and Rice Casserole Corn Jello CHOICE OF MILK,SODA,WATER Grab and Go: Meatball Sub	THURSDAY 3-Oct Pizza French Fries Salad Fruit CHOICE OF MILK,SODA,WATER Grab and Go: CornDogs	FRIDAY 4-Oct Early Release NO Lunch
MONDAY 7-Oct FALL BREAK	TUESDAY 8-Oct FALL BREAK	WEDNESDAY 9-Oct FALL BREAK	THURSDAY 10-Oct FALL BREAK	FRIDAY 11-Oct FALL BREAK
MONDAY 14-Oct Cheese Burger/Hot Dogs or Chicken Sandwich Fries or Chips Macaroni and Cheese Fruit CHOICE OF MILK,SODA,WATER	TUESDAY 15-Oct Beef Tacos Pinto Beans Yellow rice Brownie CHOICE OF MILK,SODA,WATER Grab and Go: CornDogs	WEDNESDAY 16-Oct Chicken Tenders Mashed Potatoes Green Beans Cake CHOICE OF MILK,SODA,WATER Grab and Go: Buffalo Chicken Wrap	THURSDAY 17-Oct Lasagna Corn Broccoli Cookie CHOICE OF MILK,SODA,WATER Grab and Go: Meatball Sub	FRIDAY 18-Oct Pizza Fries Salad Cobbler CHOICE OF MILK,SODA,WATER Grab and Go: Chicken Sandwich
MONDAY 21-Oct BBQ Chicken Legs Green Beans Mashed Potatoes Cake CHOICE OF MILK,SODA,WATER Grab and Go: Corndogs	TUESDAY 22-Oct Sweet and Sour Chicken w/Rice Broccoli Eggroll Cookie CHOICE OF MILK,SODA,WATER Grab and Go: Chicken Bacon Wrap	WEDNESDAY 23-Oct Chicken Tenders White Rice Macaroni and Cheese Cobbler CHOICE OF MILK,SODA,WATER Grab and Go: Hotdogs	THURSDAY 24-Oct Pancakes Grits/Sausage Hashbrown Fruit CHOICE OF MILK,SODA,WATER Grab and Go: Chicken Sandwich	FRIDAY 25-Oct Pizza Fries Salad Fruit CHOICE OF MILK,SODA,WATER Grab and Go: Turkey & Cheese Sub
MONDAY 28-Oct Cheese Burger/Hot Dogs or Chicken Sandwich Fries or Chips Macaroni and Cheese Fruit CHOICE OF MILK,SODA,WATER	TUESDAY 29-Oct Chicken Tacos Pinto Beans Yellow Rice Cake CHOICE OF MILK,SODA,WATER Grab and Go: Corndogs	WEDNESDAY 30-Oct Chicken Tenders Carrot Souffle Green Beans Brownie CHOICE OF MILK,SODA,WATER Grab and Go: Chicken Bacon Wrap	THURSDAY 31-Oct Baked Spaghetti and Meatsauce Buttered Carrots Corn Cookie CHOICE OF MILK,SODA,WATER Grab and Go: Corn Dogs	