



Young Americans Christian School September 2018 Lunch Menu



MONDAY 3-Sep Labor Day NO School	TUESDAY 4-Sep Chicken Fried Steak Mashed Potatoes Green Beans Apple Cobbler Choice of Milk, Soda, Water Grab and Go: Ham & Cheese Sub	WEDNESDAY 5-Sep Chicken Tenders Macaroni and Cheese Carrots Brownie Choice of Milk, Soda, Water Grab and Go: Hotdogs	THURSDAY 6-Sep Baked Penne W/ Meat Sauce Grilled Vegetables Broccoli and Rice Casserole Fruit Choice of Milk, Soda, Water Grab and Go: Chicken Sandwich	FRIDAY 7-Sep Fried Fish Corn French Fries Yellow Cake Choice of Milk, Soda, Water Grab and Go: Turkey and Cheese Sub
MONDAY 10-Sep Chopped Steak Carrot Souffle Green Beans Fruit Choice of Milk, Soda, Water Grab and Go: Corndogs	TUESDAY 11-Sep Pizza Tossed Salad French Fries Strawberry Cake Choice of Milk, Soda, Water Grab and Go: Cheeseburgers	WEDNESDAY 12-Sep Beef Burritos Pinto Beans Yellow Rice Apple Cobbler Choice of Milk, Soda, Water Grab and Go: Buffalo Chicken Wrap	THURSDAY 13-Sep Chicken Tenders Mashed Potatoes Blackeyed Peas Pudding Choice of Milk, Soda, Water Grab and Go: Meatball Sub	FRIDAY 14-Sep Lasagna Grilled Vegetables Tossed Salad Brownie Choice of Milk, Soda, Water Grab and Go: Chicken Sandwich
MONDAY 17-Sep French Toast Sausage Links Hashbrowns Grits / Fruit Choice of Milk, Soda, Water Grab and Go: Hot Dogs	TUESDAY 18-Sep Chicken Teriyaki Polynesian Rice Corn Yellow Cake Choice of Milk, Soda, Water Grab and Go: Ham and Cheese Sub	WEDNESDAY 19-Sep Chicken Tenders Broccoli and Rice Casserole Carrots Choc.Chip Cookie Choice of Milk, Soda, Water Grab and Go: Chicken Sandwich	THURSDAY 20-Sep Chopped Steak Mashed Potatoes Green Beans Chocolate Cake Choice of Milk, Soda, Water Grab and Go: Corn Dogs	FRIDAY 21-Sep Pizza Rotini Cheddar Cesar Salad Brownie Choice of Milk, Soda, Water Grab and Go: Grilled Cheese Sandwich
MONDAY 24-Sep Chicken Fried Steak Mashed Potatoes Green Beans Apple Cobbler Choice of Milk, Soda, Water Grab and Go: Chicken Sandwich	TUESDAY 25-Sep Fried Fish Corn French Fries Yellow Cake Choice of Milk, Soda, Water Grab and Go: Chicken Bacon Cheese Wraps	WEDNESDAY 26-Sep French Toast Sausage links Hashbrowns Grits / Fruit Choice of Milk, Soda, Water Grab and Go: Turkey and Cheese Sub	THURSDAY 27-Sep Chicken Cacciatore Green Beans Corn Fuit Choice of Milk, Soda, Water Grab and Go: Cheese Burgers	FRIDAY 28-Sep EARLY RELEASE NO LUNCH

Choice of milk, soda, water each day. In addition to the main hot meal, there will be a sandwich option, salad bar option, and a GRAB and Go selection daily.

GRAB and GO selections will rotate items such as chicken sandwiches, hamburgers, hot dogs, wraps, subs, etc. along with fries or potato chips.