

Menu

American Heritage Lunch Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p> Hamburger on bun, corn, tossed salad w/ light dressing, pear, 1% low-fat milk</p>	<p>3</p> <p>Chicken & Yellow Rice Peas and carrots, Hot Rolls, Fresh fruit 1% Low Fat Milk</p>	<p>4</p> <p> Baked Ziti, green beans, chilled pears, wheat roll, 1% low-fat milk</p>	<p>5</p> <p>Chicken Fried Rice Dinner roll, tossed salad, chilled pears, 1% low fat milk.</p>	<p>6</p> <p>Corn Dog Baked Potato Wedges Tossed Salad Fruit Jell-O</p>
<p>9</p> <p>*Kickin BBQ Chicken *Vegetable Pasta Turnip Greens *Fresh Apple *1% Low Fat Milk</p>	<p>10</p> <p>Chicken and Broccoli Alfredo, seasoned peas, seasonal fruit, 1% milk</p>	<p>11</p> <p> Oven baked BBQ Chicken ,dinner roll, vegetable pasta salad, corn, chilled pears, 1% low-fat milk</p>	<p>12</p> <p>Fiesta Rice w/ beef Frijoles Jell-O Fruit *1% Low Fat Milk</p>	<p>13</p> <p>*Cheese Pizza *Mixed Veggies *Fresh Fruit *1% Low Fat Milk</p>
<p>16</p> <p>Corn Dog Tater Tots Tossed Salad Fresh Fruit</p>	<p>17</p> <p> Spaghetti w/ Italian meat sauce, dinner roll, tossed salad w/ light dressing, chilled pineapple chunks, 1% low-fat milk</p>	<p>18</p> <p> Chicken Parmesan w/ Pasta, Seasoned Mixed Vegetables Fresh fruit 1% Low Fat White Milk</p>	<p>19</p> <p>Sweet and sour chicken w/ rice, tossed salad, chilled pears, 1% low fat milk.</p>	<p>20</p> <p>American Heritage Academy Thanksgiving Gathering!!!!!!</p>
<p>23</p> <p>Thanksgiving Holiday!!!!!!</p>	<p>24</p> <p>Thanksgiving Holiday!!!!!!</p>	<p>25</p> <p>Thanksgiving Holiday!!!!!!</p>	<p>26</p> <p>Thanksgiving Holiday!!!!!!</p>	<p>27</p> <p>Thanksgiving Holiday!!!!!!</p>
<p>30</p> <p>Teacher work day No school.</p>				

Choice of Milk Offered Daily



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

