

# American Prep Lunch Menu

## December 2018 to January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
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) Fish crackers, Fruit, Milk	***Winter Break*** ***NO LUNCH***
Jan 3 - 4	***Winter Break*** ***NO LUNCH***	***Winter Break*** ***NO LUNCH***	***Winter Break*** ***NO LUNCH***	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk
Jan 7 - 11	Ham Hoagie OR Hummus with Pita OR Chicken Nuggets Chips, Juice, Veggie, Milk	Pizza (Pepperoni) and Veggie OR Chef Salad (Turkey) OR Vegetarian Chef Salad (Romaine, Egg, Cheese, Peas, Dressing), Fruit, Milk	Muffin (Homemade) Yogurt, String Cheese Fruit, Veggie, Milk	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk
Jan 14 - 18	Ham Hoagie OR Hummus with Pita OR Chicken Nuggets Chips, Juice, Veggie, Milk	Mini Tacos OR Macaroni & Marinara (Beef) OR Vegetarian Macaroni & Marinara (Pasta, Marinara Meat Sauce, Cheese) Fruit, Veggie, Milk	Muffin (Homemade) Yogurt, String Cheese Fruit, Veggie, Milk	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk
Jan 21 - 25	***Martin Luther King Jr Day*** ***NO LUNCH***	Pizza (Pepperoni) and Veggie OR Caesar Salad (Chicken) OR Vegetarian Caesar Salad (Romaine, Cheese, Tomatos, Dressing), Fruit, Milk	Muffin (Homemade) Yogurt, String Cheese Fruit, Veggie, Milk	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk
Jan 28 - Feb 1	Ham Hoagie OR Hummus with Pita OR Chicken Nuggets Chips, Juice, Veggie, Milk	Mini Tacos OR 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	Turkey Hoagie OR Hummus with Pita Chips, Juice, Veggie, Milk	Cheese Stuffed Breadsticks Marinara Sauce Fruit, Veggie, Milk