







American Master Academy FEBRUARY LUNCH MENU

| Monday, Feb. 6 | Tuesday, Feb. 7 | Wednesday, Feb. 8 | Thursday, Feb. 9 | Friday, Feb. 10 |
|---|---|--|---|---|
| Chicken Sandwich, Tater Tots, Fruit Milk__ or Juice__ Subst. Lunch__ | Picadillo, Mashed Potatoes, Green Beans, Dessert Milk__ or Juice__ Subst. Lunch__ | Pasta Alfredo, Carrots, Fruit Milk__ or Juice__ Subst. Lunch__ | Chicken, Black Beans, Rice, Dessert Milk__ or Juice__ Subst. Lunch__ |  Served with Juice No Substitute |
| Monday, Feb. 13 | Tuesday, Feb. 14 | Wednesday, Feb. 15 | Thursday, Feb. 16 | Friday, Feb. 17 |
| Chicken Nuggets, Rice, Broccoli, Dessert Milk__ or Juice__ Subst. | Creamy Marinara Pasta, Carrots, Fruit Milk__ or Juice__ Subst. Lunch__ | Meat Loaf, Mashed Potatoes, Corn, Dessert Milk__ or Juice__ Subst. Lunch__ | Chicken Stew, Rice, Vegetables, Fruit Milk__ or Juice__ Subst. Lunch__ |  Served with Juice No Substitute |
| Monday, Feb. 20 | Tuesday, Feb. 21 | Wednesday, Feb. 22 | Thursday, Feb. 23 | Friday, Feb. 24 |
| NO SCHOOL | Ham Fried Rice, Broccoli, Dessert Milk__ or Juice__ Subst. Lunch__ | Mac & Cheese, Carrots, Fruit Milk__ or Juice__ Subst. Lunch__ | Chicken, Angel Hair Rice, Green Beans, Dessert Milk__ or Juice__ Subst. |  Served with Juice No Substitute |
| Monday, Feb. 27 | Tuesday, Feb. 28 | Wednesday, March 1 | Thursday, March 2 | Friday, March 3 |
| Hamburger, Tater Tots, Dessert Milk__ or Juice__ Subst. Lunch__ | Fish Sticks, Rice Corn, Fruit Milk__ or Juice__ Subst. Lunch__ | Pasta Marinara, Carrots, Dessert Milk__ or Juice__ Subst. Lunch__ | Chicken & Rice, Plantains, Fruit Milk__ or Juice__ Subst. Lunch__ |  Served with Juice No Substitute |

Substitute Lunch

- A) Ham & Cheese Sandwich
- B) Turkey & Cheese Sandwich
- C) American Cheese Sandwich
- D) Tuna Sandwich
- E) Chicken Sandwich
- F) Bagel with C/Cheese or Jelly
- G) Chicken Nuggets
- H) Mac & Cheese
- I) Pasta Alfredo
- J) Fish Stick
- K) Fried Chicken Fingers
- L) Hamburger

Elementary/Middle School

Substitutes:

- M) Caesar Salad
- N) Caesar Salad Wrap
- O) Chicken Caesar Salad
- P) Chicken Caesar Wrap
- Q) Tuna Salad
- R) Tuna Salad Wrap
- S) Chef Salad
- T) Chef Salad wrap
- U) Roast Beef Sandwich
- V) Roast Beef Wrap
- W) Capresse Salad
- X) Capresse Salad Wrap

Student

Name _____

Grade _____