



AMF - CW Fall Lunch 3.1 K-8 (Veg)
Lunch

Amana Academy

Mon	Tue	Wed	Thu	Fri
7/31/2023	8/1/2023	8/2/2023	8/3/2023	8/4/2023
Lunch Entrée Chicken Bites Pulled BBQ Chicken Sandwich Veggie ChiK'n Nuggets Grilled Chicken Ranch Wrap	Lunch Entrée Cheesy Chicken Quesadilla Cheese Quesadilla Grilled Cheese Sandwich Turkey & Cheese Craftable	Grain Rotini Pasta Meat/Meat Alternate Meat Sauce Lunch Entrée BBQ Garden Veggie Burger Pulled BBQ Chicken Sandwich Grilled Chicken Ranch Wrap	Lunch Entrée Southern Chicken Bowl Grilled Cheese Sandwich Turkey & Cheese Craftable Vegetables Garden Patch Seasoned Corn Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit Fruit Juice Assorted 100% Fruit Juice Milk 1% White Milk Fat Free Chocolate Milk Condiments Ranch Packet	Lunch Entrée Fresh Baked Cheese Pizza Fresh Baked Pepperoni Pizza Pulled BBQ Chicken Sandwich Grilled Chicken Ranch Wrap Vegetables Garden Patch Cheesy Cauliflower Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit Fruit Juice Assorted 100% Fruit Juice Milk 1% White Milk Fat Free Chocolate Milk Condiments Ranch Packet
Grain Waffles Waffles	Vegetables Garden Patch Sofrito Black Beans	Vegetables Garden Patch Broccoli Parmesan		
Condiments Syrup Syrup Ranch Packet Ketchup Packet	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit Fruit Juice Assorted 100% Fruit Juice	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit Fruit Juice Assorted 100% Fruit Juice Milk 1% White Milk Fat Free Chocolate Milk		
Vegetables Garden Patch Sweet Potato Fries	Milk 1% White Milk Fat Free Chocolate Milk			
Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Condiments Ranch Packet	Milk 1% White Milk Fat Free Chocolate Milk Condiments Ranch Packet		
Fruit Juice Assorted 100% Fruit Juice				
Milk 1% White Milk Fat Free Chocolate Milk				



Mon	Tue	Wed	Thu	Fri
8/7/2023	8/8/2023	8/9/2023	8/10/2023	8/11/2023
Lunch Entrée Brunch for Lunch All American Hamburger Italian Sub	Lunch Entrée Cheesy Beef Nachos Cheese Nachos Chicken Nuggets Entrée Garden Salad with Egg and Croutons	Lunch Entrée Cajun Chicken Pasta All American Hamburger Garden Veggie Burger Italian Sub	Lunch Entrée Teriyaki Chicken Chicken Nuggets Entrée Garden Salad with Egg and Croutons	Lunch Entrée Fresh Baked Cheese Pizza Fresh Baked Pepperoni Pizza All American Hamburger Italian Sub
Condiments Syrup Mayo Packet Ranch Packet Ketchup Packet Mustard Packet	Grain Biscuit, 1 oz Roll, 1 oz	Condiments Mayo Packet Ranch Packet Mustard Packet Ketchup Packet	Grain Brown Rice Biscuit, 1 oz Roll, 1 oz	Condiments Ketchup Packet Mayo Packet Ranch Packet Mustard Packet
Vegetables Garden Patch Breakfast Home Fries	Condiments Ketchup Packet Ranch Packet	Vegetables Garden Patch Garlic Steamed Broccoli	Condiments Ketchup Packet Ranch Packet	Vegetables Garden Patch Honey Glazed Carrots
Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Vegetables Garden Patch Southwest Pinto Beans	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Vegetables Garden Patch Roasted Oriental Mix Vegetables	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit
Fruit Juice Assorted 100% Fruit Juice	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Juice Assorted 100% Fruit Juice	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Juice Assorted 100% Fruit Juice
Milk 1% White Milk Fat Free Chocolate Milk	Fruit Juice Assorted 100% Fruit Juice	Milk 1% White Milk Fat Free Chocolate Milk	Fruit Juice Assorted 100% Fruit Juice	Milk 1% White Milk Fat Free Chocolate Milk
	Milk 1% White Milk Fat Free Chocolate Milk		Milk 1% White Milk Fat Free Chocolate Milk	



Mon	Tue	Wed	Thu	Fri
8/14/2023	8/15/2023	8/16/2023	8/17/2023	8/18/2023
Lunch Entrée Grilled Monterey Chicken Sandwich BBQ Garden Veggie Burger Jumbo Corn Dog BBQ Grilled Chicken Wrap	Lunch Entrée Cheesy Chicken Enchilada Flatbread Cheesy Enchilada Flatbread Crispy Chicken Sandwich Turkey Pepperoni Pizza Craftable	Lunch Entrée Italian Meatball Bowl Garden Veggie Burger w/ Cheese Jumbo Corn Dog BBQ Grilled Chicken Wrap	Lunch Entrée Roasted Chicken Drumstick Crispy Chicken Sandwich Veggie ChiK'n Nuggets Turkey Pepperoni Pizza Craftable	Lunch Entrée Fresh Baked Cheese Pizza Fresh Baked Pepperoni Pizza Jumbo Corn Dog BBQ Grilled Chicken Wrap
Condiments Mustard Packet Ranch Packet Ketchup Packet	Condiments Ketchup Packet Ranch Packet	Grain Garlic Breadsticks	Grain Biscuit, 2 oz Biscuit, 2 oz	Condiments Ketchup Packet Mustard Packet Ranch Packet
Vegetables Garden Patch Sweet Potato Fries	Vegetables Garden Patch Sofrito Pinto Beans	Vegetables Garden Patch Creamy Mashed Potatoes	Condiments Jelly Jelly Ketchup Packet Ranch Packet	Vegetables Garden Patch Cheesy Broccoli
Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Vegetables Garden Patch Steamed Peas & Carrots	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit
Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Juice Assorted 100% Fruit Juice
Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Fruit Juice Assorted 100% Fruit Juice	Milk 1% White Milk Fat Free Chocolate Milk
		Condiments Ranch Packet Ketchup Packet Mustard Packet	Milk 1% White Milk Fat Free Chocolate Milk	



Mon	Tue	Wed	Thu	Fri
8/21/2023	8/22/2023	8/23/2023	8/24/2023	8/25/2023
Lunch Entrée Homemade BBQ Sloppy Joe Sandwich Chicken Nuggets Veggie ChiK'n Nuggets Turkey & Cheese Sub	Lunch Entrée Southwest Fajita Chicken Bowl All American Cheeseburger Entrée Garden Salad with Egg and Croutons Entrée Buffalo Chicken Bites Salad with Croutons	Lunch Entrée Cheese Stuffed Breadsticks Chicken Nuggets Turkey & Cheese Sub	Lunch Entrée Homemade Mac & Cheese All American Cheeseburger Garden Veggie Burger w/ Cheese Entrée Buffalo Chicken Bites Salad with Croutons	Lunch Entrée Fresh Baked Cheese Pizza Fresh Baked Pepperoni Pizza Chicken Nuggets Turkey & Cheese Sub
Grain Garlic Breadsticks Garlic Breadsticks	Grain Brown Rice Garlic Breadsticks	Vegetables Marinara Sauce Garden Patch Herb Roasted Broccoli	Meat/Meat Alternate BBQ Roasted Chicken	Grain Garlic Breadsticks
Condiments Ketchup Packet Mustard Packet Mayo Packet Ranch Packet	Condiments Ketchup Packet Mustard Packet Ranch Packet	Grain Garlic Breadsticks	Condiments Ranch Packet Ranch Packet Ketchup Packet Mustard Packet	Condiments Ketchup Packet Mayo Packet Mustard Packet Ranch Packet
Vegetables Garden Patch Herb Roasted Carrots	Vegetables Garden Patch Southwest Black Beans	Condiments Ketchup Packet Mustard Packet Mayo Packet Ranch Packet	Vegetables Garden Patch Oven Crisped Fries	Vegetables Garden Patch Garlic Green Beans
Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit
Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice
Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk



Mon	Tue	Wed	Thu	Fri
8/28/2023	8/29/2023	8/30/2023	8/31/2023	9/1/2023
Lunch Entrée Oven Fried Chicken All American Hot Dog Garden Veggie Burger Turkey Mozzarella Wrap	Lunch Entrée Soft Beef Tacos Crispy Buffalo Chicken Sandwich Cheesy Nacho Cool Pack	Lunch Entrée Three Cheese Baked Rotini All American Hot Dog Turkey Mozzarella Wrap	Lunch Entrée Mandarin Orange Chicken Bites Crispy Buffalo Chicken Sandwich Mandarin Orange Veggie ChiK'n Nuggets Cheesy Nacho Cool Pack	Lunch Entrée Fresh Baked Cheese Pizza Fresh Baked Pepperoni Pizza All American Hot Dog Turkey Mozzarella Wrap
Grain Biscuit, 1 oz	Vegetables Garden Patch Seasoned Corn	Condiments Ketchup Packet Mustard Packet Ranch Packet	Grain Brown Rice Brown Rice	Condiments Ketchup Packet Mustard Packet Ranch Packet
Condiments Ketchup Packet Ketchup Packet Mustard Packet Mustard Packet Ranch Packet	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Vegetables Garden Patch Garlic Steamed Broccoli	Vegetables Garden Patch Roasted Oriental Mix Vegetables	Vegetables Garden Patch Honey Glazed Carrots
Vegetables Garden Patch BBQ Baked Beans	Fruit Juice Assorted 100% Fruit Juice	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit
Fruit Assorted Fresh or Frozen Fruit Assorted Canned or Dried Fruit	Milk 1% White Milk Fat Free Chocolate Milk	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice	Fruit Juice Assorted 100% Fruit Juice
Fruit Juice Assorted 100% Fruit Juice	Condiments Ranch Packet	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk	Milk 1% White Milk Fat Free Chocolate Milk
Milk 1% White Milk Fat Free Chocolate Milk			Condiments Ranch Packet	

FILTERS

Name(s)

Value(s)

Date Range

(Start = 7/30/2023, End = 9/2/2023)

Menu Plan

(AMF - CW Fall Lunch 3.1 K-8 (Veg))