



Young Americans Christian School January 2019 Lunch Menu



MONDAY	TUESDAY 1-Jan	WEDNESDAY 2-Jan	THURSDAY 3-Jan	FRIDAY 4-Jan
No School	No School	No School	Spaghetti and Meatsauce Corn Fried Okra Jello Choice of milk,soda,water Grab and Go: Meatball Sub	Pizza Fries Salad Fruit Choice of milk,soda,water Grab and Go: Hot Dogs
MONDAY 7-Jan Chicken Tetrizzini Broccoli and Rice Casserole Blackeyed Peas Cake Choice of milk,soda,water Grab and Go: Meatball Subs	TUESDAY 8-Jan Lasagna Broccoli Corn Fruit Choice of milk,soda,water Grab and Go: Cheese Burger	WEDNESDAY 9-Jan Fried Chicken Tenders Green Beans Mashed Potatoes Cobbler Choice of milk,soda,water Grab and Go: Grilled Cheese	THURSDAY 10-Jan Beef Taco's Pinto Beans Fried Rice Fruit Choice of milk,soda,water Grab and Go: Corn dogs	FRIDAY 11-Jan Pizza Fries Salad Pudding Choice of milk,soda,water Grab and Go: Chicken Sandwich
MONDAY 14-Jan French Toast Sausage Links Hashbrowns Grits/Fruit Choice of milk,soda,water Grab and Go: Ham & Cheese Subs	TUESDAY 15-Jan Fried Chicken Tenders Green Beans Mashed Potatoes Brownie Choice of milk,soda,water Grab and Go: Hot Dogs	WEDNESDAY 16-Jan Beef Stew Rice Corn Fruit Choice of milk,soda,water Grab and Go: Spicy Chicken Sandwich	THURSDAY 17-Jan Chicken Parmigiano Grilled Vegetables Penne Pasta Chocolate Chip Cookie Choice of milk,soda,water Grab and Go: Bacon & Chicken Wrap	FRIDAY 18-Jan Pizza Fries Salad Fruit Choice of milk,soda,water Grab and Go: Cheeseburger
MONDAY 21-Jan No School MLK Holiday	TUESDAY 22-Jan Chicken Etouffee Corn Fried okra Pudding Choice of milk,soda,water Grab and Go: Turkey & Bacon Sub	WEDNESDAY 23-Jan Pancakes Sausage Pattie Hashbrowns Grits/Fruit Choice of milk,soda,water Grab and Go: Grilled Cheese Sandwich	THURSDAY 24-Jan Fried Chicken Tenders Green Beans Mashed Potatoes Brownie Choice of milk,soda,water Grab and Go: Hot dogs	FRIDAY 25-Jan Pizza Fries Salad Fruit Choice of milk,soda,water Grab and Go: Cajun Chicken Wrap
MONDAY 28-Jan Country Turkey & Dressing Carrot Souffle Blackeyed Peas Jello Choice of milk,soda,water Grab and Go: Cheeseburger	TUESDAY 29-Jan Beef Taco's Pinto Beans Fried Rice Fruit Choice of milk,soda,water Grab and Go: Corn Dogs	WEDNESDAY 30-Jan Chicken Tenders Corn Broccoli Fruit Choice of milk,soda,water Grab and Go: Meatball Subs	THURSDAY 31-Jan Baked Meatsauce with Penne Green Beans Fried Okra Chocolate Chip Cookie Choice of milk,soda,water Grab and Go: Hot Dogs	

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.