**OCTOBER 2023 American Heritage Charter School** Thursday Monday Wednesday Tuesday Popcorn Chicken Pancakes Hot Dogs Corn Eggs Fries Fruit Fruit Fruit Cinnamon Roll Salad Bar Salad Bar Salad Bar Milk Milk No School Today! No School Milk Today! Walking Tacos Spaghetti Pizza Spicy/Regular Chicken Burger Mozzarella Breadstick Beans Fruit Virtual Day Fruit Fruit Fries Salad Bar Fruit Salad Bar Salad Bar Milk Choc. Chip Cookie Milk Milk Salad Bar Milk French Toast Chicken Tenders Mini Chimi Pizza 19 Hashbrowns Refried Beans Mashed Potatoes Fruit Virtual Day Eggs Fruit Green Beans Salad Bar Sausage Sugar Cookie Roll Milk Fruit Fruit Salad Bar Salad Bar Salad Bar Milk Milk Popcorn Chicken Mac & Cheese Super Beef Nachos Pizza Fruit Rice **Green Beans** Beans Virtual Day Fruit Fruit Salad Bar Corn Fruit Salad Bar Salad Bar Milk Salad Bar Milk Milk Milk Chicken Alfredo Hamburgers Roll Fries Corn Z Brownie Fruit Fruit Salad Bar Salad Bar Milk Milk

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