

# New Horizon School LA August 20 – August 30, 2019 Lunch Menu

Monday	Aidah's Taco Tuesday	Wednesday	Veggie Thursday	Friday
	<input type="checkbox"/> <b>20</b> <b>Beef Tacos</b> (1 to 2) Fiesta Pinto Beans Fruits (2 to 3 oz.) Milk	<input type="checkbox"/> <b>21</b> <b>Chicken Biryani</b> (1 Cup) Yogurt (2 to 3 oz.) Garden Salad (2 to 3 oz.) Milk	<input type="checkbox"/> <b>22</b> <b>Veggie Pasta</b> <b>w/ Tomato Sauce</b> (1 Cup) Cucumber Coins (2 to 3 oz.) Milk	<input type="checkbox"/> <b>23</b> <b>Zabihah Chicken</b> <b>Hot Dog</b> (1-2) Potato Salad Rainbow Carrots (2 to 3 oz.) Milk
<input type="checkbox"/> <b>26</b> <b>Chicken with Mushroom Sauce</b> (3-4 tbsp.) <b>Rice</b> (1/2 to 1 Cup) Whole-wheat Pita Bread (1/4 Slice) Milk	<input type="checkbox"/> <b>27</b> <b>Chicken Quesadilla with Cheese</b> (1 to 2) Fruits/ Veggies (2 to 3 oz.) Milk	<input type="checkbox"/> <b>28</b> <b>Chicken Biryani</b> (1 Cup) Yogurt (2 to 3 oz.) Garden Salad (2 to 3 oz.) Milk	<input type="checkbox"/> <b>29</b> <b>Vegetable Curry</b> (3 to 4 tbsp.) <b>Quinoa</b> (1/2 Cup) Whole-wheat Pita Bread (1/4 Slice) Fruits Milk	<input type="checkbox"/> <b>30</b> <b>Chicken Sandwiches</b> <b>Whole Wheat Bread</b> (2 to 3) Baked Potato Chips Fruits (2 to 3 oz.) Milkshake

Student(s) Name: \_\_\_\_\_

Grade: \_\_\_\_\_

# of meals: \_\_\_\_\_ x \$5.00 = \_\_\_\_\_ TOTAL = \_\_\_\_\_

OR Whole Month = \$45

Total Enclosed:

**Note: \$6 for same day order**

Dates Chosen: 202122232627282930

Office Use Only: Amount Paid \_\_\_\_\_ (cash/check) \* Menu is subject to change without notice.