



International Academy of Saginaw

Discover the IAS Difference

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Corn Fruit/Veg/Salad Milk	3 Popcorn Chicken Mashed Potatoes Fruit/Veg/Salad Milk	4 French Toast Sausage Fruit/Veg/Salad Milk	5 Spaghetti with Meat Sauce Fruit/Veg/Salad Milk	6 Pizza Fruit/Veg/Salad Milk
9 Chicken Patty Green Beans Fruit/Veg/Salad Milk	10 Nachos with Meat and cheese Fruit/Veg/Salad Milk	11 Chicken Nuggets Corn Fruit/Veg/Salad Milk	12 Meatballs with Beef Gravey Mashed Potatoes Fruit/Veg/Salad Milk	13 Pizza Fruit/Veg/Salad Milk
16 Chef's Surprise tbd Fruit/Veg/Salad Milk	17 Nachos with Meat and cheese Fruit/Veg/Salad Milk	18 Pancakes Sausage Fruit/Veg/Salad Milk	19 Salisbury Steak Mashed Potatoes Fruit/Veg/Salad Milk	20 Pizza Fruit/Veg/Salad Milk
23 Traveling Taco Refried Beans Fruit/Veg/Salad Milk	24 Hot Dog Baked Beans Fruit/Veg/Salad Milk	25 Macaroni and Cheese Green Beans Fruit/Veg/Salad Milk	26 Chicken Alfredo Brocoli Fruit/Veg/Salad Milk	27 Pizza Fruit/Veg/Salad Milk
30 Chicken Noodle Soup and Half Sandwich Fruit/Veg/Salad Milk	31 Sloppy Joes Corn Fruit/Veg/Salad Milk			

If your child has any food allergies, please notify the office at least 2 days before that day's lunch

Milk is offered daily and is fat free 1%, or fat free chocolate

Greens and carrots offered daily with othe fresh vegetables, fruits, grains, and condiments.

