



October

AMERISCHOOLS

2019

LUNCH MENU

Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday
		Turkey Corn Dog Bean & cheese Burrito <b>N</b> Corn Fruit of the Day Variety Milk	Chicken Quesadilla Cheese Quesadilla <b>N</b> Green Beans Fruit of the day, Variety Milk	Pepperoni Pizza Cheese Pizza <b>N</b> Broccoli Fruit of the day, Variety Milk	No School	
<i>Menu Subject to change</i>	Monday 7 	Tuesday 8 	Wednesday 9 	Thursday 10 	Friday 11 	
	Monday 14 Hot dogs Mac & cheese <b>N</b> Refried Beans Fruit of the Day Variety Milk	Tuesday 15 Chicken Nuggets PB&J Uncrustables <b>N</b> Carrots Fruit of the day, Variety Milk	Wednesday 16 Carne Asada Beans & cheese Burrito <b>N</b> Refried Beans Fruit of the day, Variety Milk	Thursday 17 Pepperoni Pizza Cheese Pizza <b>N</b> Broccoli Fruit of the day, Variety Milk	Friday 18 Orange Chicken W Rice Veggie Wrap <b>N</b> Fruit of the day Variety Milk	
	Monday 21 Cheeseburger Grilled Cheese Sandwich <b>N</b> Corn Fruit of the day, Variety Milk	Tuesday 22 Spaghetti w meat sauce Spaghetti w sauce <b>N</b> Raw Carrots Fruit of the day, Variety Milk	Wednesday 23 Chicken Tacos Bean Cheese Tacos <b>N</b> Refried Beans Fruit of the day, Variety Milk	Thursday 24 Pepperoni Pizza Cheese Pizza <b>N</b> Broccoli Fruit of the day, Variety Milk <b>Smoothie Day!</b>	Friday 25 Beef Tacos Bean & Cheese Tostada w Rice Fruit of the day Variety Milk	
	Monday 28 Chicken Tenders Veggie Subs Corn Fruit of the day, Variety Milk	Tuesday 29 Sloppy Joe Hotdogs PG&J Uncrustables <b>N</b> Green Beans Fruit of the day	Wednesday 30 Beef Nacho Cheese Nacho <b>N</b> Carrots Fruit of the day Variety Milk	Thursday 31 Pepperoni Pizza Cheese Pizza <b>N</b> Broccoli Fruit of the day, Variety Milk		

\*This Institution is an equal Opportunity Provider\* \* N- NON-MEAT ALTERNATIVE  
 Foodservice Director: Armando Rodriguez (520) 304-6377  
 MENUS SUBJECT TO CHANGE Website: www.healthyinnovationsaz.com