

OCTOBER 2020

Amerischool – Lunch Menu

M

- Cheeseburger
- Corn
- Fruit
- Variety Milk

5

T

- Spaghetti w meat sauce
- Carrots
- Fruit
- Variety Milk

6

W

- Beef Picadillo Burrito
- Refried Beans
- Fruit
- Variety of Milk

7

T

- Beef and Bean Burrito
- Green Beans
- Fruit
- Variety Milk

1

F

- Pepperoni Pizza
- Broccoli
- Fruit
- Variety of Milk

2

- Turkey and Cheese Sub
- Green Beans
- Fruit
- Variety Milk

8

- Pepperoni Pizza
- Broccoli
- Fruit
- Variety of Milk

9

Fall Break NO CLASSES

12

- Chicken Tenders w roll
- Corn
- Fruit
- Variety Milk

19

13

- Beef Mac and Cheese
- Carrots
- Fruit
- Variety Milk

20

14

- Chicken Quesadilla
- Refried Beans
- Fruit
- Variety of Milk

21

15

- Ham and Cheese Grilled Sandwich
- Green Beans
- Fruit
- Variety Milk

22

16

- Pepperoni Pizza
- Broccoli
- Fruit
- Variety of Milk

23

- Chicken Patty
- Corn
- Fruit
- Variety Milk

26

- Hot Dogs
- Carrots
- Fruit
- Variety Milk

27

- Chicken Fajitas w tortilla
- Refried Beans
- Fruit
- Variety of Milk

28

- Italian Sub
- Green Beans
- Fruit
- Variety Milk

29

- Pepperoni Pizza
- Broccoli
- Fruit
- Variety of Milk

30

Fruit of the Day:

Apple , Banana, Fruit Cocktail , Grapes, Honeydew, Orange, Pears, Plums Watermelon.

HEALTHYINNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

Food service Director: Armando Rodriguez (520) 304 6377
MENUS SUBJECT TO CHANGE menus@healthyinnovationsaz.com

October is a great month to eat winter squash pumpkin

It can be used to make pies, cakes, and even pudding! Health benefits include:

- Its Great to your muscles, skin and vision.
- Rich in potassium and fiber.
- Good source of A and C vitamins

