

# SEPTEMBER 2022

## AMERISCHOOL - LUNCH MENU



**Fruit of the Day:**  
 Apple  
 Banana  
 Fruit Cocktail  
 Grapes  
 Honeydew  
 Orange  
 Pears  
 Plums  
 Watermelon

M



**Teriyaki chicken w rice**  
 Carrots, Fruit of the day, Milk Variety  
 12

**Cheeseburger**  
 Potato wedges  
 Banana  
 Milk Variety  
 19

**Turkey Hot Dog**  
 Corn  
 Banana  
 Milk Variety  
 26

T

**Chicken Patty Sandwich**  
 Corn  
 Banana  
 Milk Variety  
 6

**Chicken Nuggets**  
 Mashed Potatoes  
 Banana  
 Milk Variety  
 13

**Orange chicken w rice**  
 Carrots  
 Fruit of the day  
 Milk Variety  
 20

**Chicken alfredo**  
 Pasta  
 Carrots  
 Fruit of the day  
 Milk Variety  
 27

W

**Pepperoni Pizza**  
 Romaine Salad  
 Fruit of the day  
 Milk Variety  
 7

**Pepperoni Pizza**  
 Romaine Salad  
 Fruit of the day  
 Milk Variety  
 14

**Pepperoni Pizza**  
 Romaine Salad  
 Fruit of the day  
 Milk Variety  
 21

**Pepperoni Pizza**  
 Romaine Salad  
 Fruit of the day  
 Milk Variety  
 28

T

**Baked Chicken**  
 Chimichanga  
 Refried Beans  
 Fruit of the day  
 Milk Variety  
 1

**Chicken Quesadilla**  
 Refried Beans, Fruit of the day, Milk Variety  
 8

**Beef Picadillo w tortilla**  
 Refried Beans  
 Fruit of the day  
 Milk Variety  
 15

**Chicken Fajitas w tortilla**  
 Refried Beans,  
 Fruit of the day , Milk Variety  
 22

**Beef and potatoes crispy**  
 tacos.  
 Refried Beans  
 Fruit of the day  
 Milk Variety  
 29

F

**Turkey and cheese sandwich**  
 Green beans  
 Fruit of the day  
 Milk Variety  
 2

**Turkey and cheese sub**  
 Green Beans  
 Fruit of the day  
 Milk Variety  
 9

**Chicken Sub**  
 Green Beans ,Fruit of the day ,Milk Variety  
 16

**Turkey and cheese sandwich**  
 Green Beans  
 Fruit of the day  
 Milk Variety  
 23

**BBQ Chicken sandwich**  
 (in a hamburger bun)  
 Green Beans  
 Fruit of the day  
 Milk Variety  
 30

**This institution is an equal opportunity provider.**  
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 MENUS SUBJECT TO CHANGE  
 tania.felix@healthyinnovationsaz.com

# SEPTEMBER 2022

## AMERISCHOOL - BREAKFAST MENU



M

### Fruit of the Day:

Apple  
Banana  
Fruit Cocktail  
Grapes  
Honeydew  
Orange  
Pears  
Plums  
Watermelon



**Banana Bread**  
Fruit of the day  
Juice, Variety of Milk

12

**Pop Tart**  
Fruit of the day  
Juice  
Variety of Milk

19

**Cinnamon Roll**  
Fruit of the day  
Juice  
Variety of Milk

26

T

**Bagel w cream cheese**  
Fruit of the day  
Juice  
Variety of Milk

6

**French Toast w turkey sausage**  
Fruit of the day, Juice  
Variety of Milk

13

**Pancakes and string cheese**  
Fruit of the day, Juice  
Variety of Milk

20

**Bagel w cream cheese**  
Fruit of the day  
Juice, variety of Milk

27

W

**Scrambled egg and sausage w tortilla**  
Fruit of the day  
Juice, Variety of Milk

7

**Trurkey and egg w tortilla**  
Pear, Juice  
Variety of Milk

14

**Egg and cheese muffin**  
Fruit of the day  
Juice  
Variety of Milk

21

**Potatoes and egg w tortilla**  
Fruit of the day  
Juice  
Variety of Milk

28

T

**Waffle and turkey sausage**  
Fruit of the day Juice,  
Variety of Milk

1

**Assorted Cereal w crackers**  
Fruit of the day,  
Juice, Variety of Milk

8

**Waffles**  
Fruit of the day Juice,  
Variety of Milk

15

**Muffin**  
Fruit of the day  
Juice, Variety of Milk

22

**Assorted Cereal w crackers**  
Fruit of the day  
Juice  
Milk Variety

29

F

**Cinnamon Roll**  
Fruit, Juice  
Variety of Milk

2

**Pancakes and string cheese**  
Fruit of the day, Juice  
Variety of Milk

9

**Yogurt and Nutrigrain bar**  
Fruit of the day, Juice  
Milk Variety

16

**Danish**  
Fruit of the day  
Juice  
Variety of Milk

23

**Yogurt and nutrigrain bar**  
Fruit of the day  
Juice, Variety of Milk

30

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