

# SEPTEMBER 2022

## AMERISCHOOL BREAKFAST MENU



**M**



Omelette w Cheese  
Fruit of the day  
Juice  
Variety of Milk

12

Assorted Cereal  
Fruit of the day  
Juice  
Variety of Milk

19

Pancakes w Sausage  
Fruit of the day  
Juice  
Variety of Milk

26

**T**

Bagel w Cream Cheese  
Fruit of the day  
Juice  
Variety of Milk

6

Waffle  
Fruit of the day  
Juice  
Variety of Milk

13

Muffin  
Fruit of the day  
Juice  
Variety of Milk

20

Yogurt w Crackers  
Fruit of the day  
Juice  
Variety of Milk

27

**W**

Turkey, Egg & Cheese  
Burrito  
Fruit of the day  
Juice  
Variety of Milk

7

Chorizo & Potato  
Burrito  
Fruit of the day  
Juice  
Variety of Milk

14

Bacon & Egg Burrito  
Fruit of the day  
Juice  
Variety of Milk

21

Potato & Egg Burrito  
Fruit of the day  
Juice  
Variety of Milk

28

**T**

Yogurt w Crackers  
Fruit of the day  
Juice  
Variety of Milk

1

Cinnamon Roll  
Fruit of the day  
Juice  
Variety of Milk

8

Pop Tart  
Fruit of the day  
Juice  
Variety of Milk

15

Bagel w Cream Cheese  
Fruit of the day  
Juice  
Variety of Milk

22

Cinnamon Roll  
Fruit of the day  
Juice  
Variety of Milk

29

**F**

Muffin  
Fruit of the day  
Juice  
Variety of Milk

2

Pancakes w Sausage  
Fruit of the day  
Juice  
Variety of Milk

9

French Toast w Sausage  
Fruit of the day  
Juice  
Variety of Milk

16

Banana Bread  
Fruit of the day  
Juice  
Variety of Milk

23

Omelette w Cheese  
Fruit of the day  
Juice  
Variety of Milk

30

### Fruit of the Day:

Apple  
Banana  
Fruit Cocktail  
Grapes  
Honeydew  
Orange  
Pears  
Plums  
Watermelon



This institution is an equal opportunity provider.

Nutritional Manager: Mirna Arenas (520) 495-5533

MENUS SUBJECT TO CHANGE

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