



# November 2022



## Amerischool - Breakfast Menu



M

Banana Bread  
Fruit of the day  
100 % Juice  
Milk Variety

7

Assorted Cereal  
Fruit of the day  
100 % Juice  
Milk Variety

14

Strawberry Cream Cheese  
Bagel  
Fruit of the day  
100 % Juice  
Milk Variety

21

Blueberry Muffin  
Fruit of the day  
100 % Juice  
Milk Variety

28

T

Assorted Cereal  
Fruit of the day  
100 % Juice  
Milk Variety

1

Yogurt w Crackers  
Fruit of the day  
100 % Juice  
Milk Variety

8

Blueberry Muffin  
Fruit of the day  
100 % Juice  
Milk Variety

15

Egg & Cheese Muffin  
Fruit of the day  
100 % Juice  
Milk Variety

22

French Toast  
Fruit of the day  
100 % Juice  
Milk Variety

29

W

Bean & Cheese Burrito  
Fruit of the day  
100 % Juice  
Milk Variety

2

Scramble Egg w Sausage  
Burrito  
Fruit of the day  
100 % Juice  
Milk Variety

9

Chorizo & Egg Burrito  
Fruit of the day  
100 % Juice  
Milk Variety

16

Bean & Cheese Burrito  
Fruit of the day  
100 % Juice  
Milk Variety

23

Turkey & Egg Burrito  
Fruit of the day  
100 % Juice  
Milk Variety

30

T

Strawberry Cream Cheese  
Bagel  
Fruit of the day  
100 % Juice  
Milk Variety

3

Belgian Waffle  
Fruit of the day  
100 % Juice  
Milk Variety

10

Cinnamon Toast Crunch Bar  
Fruit of the day  
100 % Juice  
Milk Variety

17

Thanksgiving Break



24

F

Pancakes w Sausage  
Fruit of the day  
100 % Juice  
Milk Variety

4



11

Super Donut  
Fruit of the day  
100 % Juice  
Milk Variety

18

Thanksgiving Break



25

Fruit of the day:

Grapes,  
Peaches,  
Watermelon,  
Banana, Pears,  
Apple, Orange,  
Fruit Cup, Pears,  
Nectarines,  
Pineapple,  
Cantaloupe,  
Honey dew,  
Plums,

 **HEALTHYINNOVATIONS**  
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

Nutritional Manager: Mirna Arenas

(520) 979-8695 (520) 495-5533

**MENUS SUBJECT TO CHANGE**

Mirna.arenas@healthyinnovationsaz.com