

NOVEMBER

AMERISCHOOL-LUNCH MENU



Fruit of the Day:

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

M
Cheeseburger
Potato Wedges
Fruit of the day
Milk Variety 7

T
Baked Ziti w meat
Sauce and dinner roll
Carrots, Fruit of the
day, Milk Variety 1

W
Turkey and cheese
Sub
, Celery
Fruit of the day
Milk Variety 2

T
Baked Chimichanga
Refried Beans
Fruit of the day
Milk Variety 3

F
Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 4

Mac and Cheese w
garlic bread
Carrots, Fruit of the
day, Milk Variety 8

Tuna Salad sub
Celery
Fruit of the day
Milk Variety 9

Chicken Fajitas w tortilla
Refried Beans, Fruit of
the day , Milk Variety 10



Chicken nuggets w roll
Ccorn
Fruit of the day
Milk Variety 14

Orange chicken w rice
Carrots
Fruit of the day
Milk Variety 15

**TURKEY DINNER and
Roll, Mashed Potatoes,
Fruit Mix Cup
Milk Variety
Pumpking Pie. 16**

Chicken Quesadilla
Refried Beans
Fruit of the day
Milk Variety 17

Pepperoni Pizza
Romaine Salad
Fruit of the day
Milk Variety 18

Taquitos, and
homemade salsa
Refried Beans
Fruit of the day
Milk Variety 21

Turkey and cheese
Sandwich
Baby Carrots
Fruit of the day
Milk Variety 22



Turkey Corn Dog
Corn
Fruit of the day
Milk Variety 28

Teriyaki Chicken w
rice
Carrots, Fruit of the
day, Milk Variety 29

Turkey Sub
Celery
Fruit of the day
Milk Variety 30



This institution is an equal opportunity provider.

MENUS SUBJECT TO CHANGE

E-MAIL: Tania.felix@healthyinnovationsaz.com

www.healthyinnovationsaz.com



NOVEMBER

AMERISCHOOL – BREAKFAST MENU



Fruit of the Day:

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

M

T

Muffin and crackers
Fruit of the day
Juice, Variety of Milk

1

W

Mini Bagel
Fruit of the day , Juice
Variety of Milk

2

T

Banana Bread
Fruit of the day
Juice, Variety of Milk

3

F

Granola Bar and yogurt
Pear , Juice
Variety of Milk

4

Pop Tart
Fruit of the day
Juice, Variety of Milk

7

Danish
Fruit of the day
Juice,
Variety of Milk

8

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

9

Muffin and crackers
Fruit of the day
Juice, Variety of Milk

10



11

Banana Bread
Fruit of the day
Juice, Variety of Milk

14

Mini Bagel
Fruit of the day
Juice, Variety of Milk

15

Pop Tart
Fruit of the day
Juice, Variety of Milk

16

Cinnamon Roll
Fruit of the day
Juice, Variety of Milk

17

Muffin and crackers
Fruit of the day, Juice
Variety of Milk

18

Danish
Fruit of the day
Juice,
Variety of Milk

21

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

22



23

Thanksgiving Break

24

25

Cinnamon Roll
Fruit of the day
Juice
Variety of Milk

28

Pop Tart
Fruit of the day
Juice
Variety of Milk

29

Banana Bread
Fruit of the day
Juice
Variety of Milk

30



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