



JANUARY

AMERISCHOOLS PHX - LUNCH MEALS

Hamburger
Carrots
Watermelon
Milk Variety

2

Turkey Corn Dog
Corn
Watermelon
Milk Variety

3

Pepperoni pizza
Romaine Salad
Peaches
Milk Variety

4

Chicken Quesadilla
Refried Beans,
Apple,
Milk Variety

5

Turkey Ham and Cheese
Sub
Green Beans
Orange
Milk Variety

6

Chicken Patty Sandwich
Corn
Banana
Milk Variety

9

Baked Ziti w meat sauce
Carrots,
Watermelon
Milk Variety

10

Pepperoni pizza
Romaine Salad
Peaches
Milk Variety

11

Baked Chicken
Chimichanga
Refried Beans
Apple
Milk Variety

12

Chicken Cordon Bleu
sub
Green Beans
Orange
Milk Variety

13



Orange chicken w rice
Carrots
Watermelon
Milk Variety

17

Pepperoni pizza
Romaine Salad
Peaches
Milk Variety

18

Picadillo Burrito
Refried Beans,
Apple,
Milk Variety

19

Turkey & Cheese Sub
Green Beans
Orange
Milk Variety

20

Chicken Nuggets
Mashed Potatoes
Banana
Milk Variety

23

Spaghetti w meat sauce
Carrots , Watermelon ,
Milk Variety

24

Pepperoni pizza
Romaine Salad
Peaches
Milk Variety

25

Chicken Fajitas w
tortilla
Refried Beans
Apple
Milk Variety

26

Turkey and cheese sub
Green Beans
Orange
Milk Variety

27

Cheeseburger
Corn
Banana
Milk Variety

30

Teriyaki chicken w rice
Carrots
Watermelon
Milk Variety

31

HEALTHY INNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider.

(520) 495-5533

MENUS SUBJECT TO CHANGE

t@aol.com



JANUARY

AMERISCHOOLS PHX – BREAKFAST MEALS

Cereal and crackers
Banana
Juice
Milk Variety

2

Muffin
Mix Fruit Cup
Juice
Milk Variety

3

Cinnamon Roll
Banana
Juice
Milk Variety

4

Pop Tart
Banana
Juice
Milk Variety

5

Granola Bar and Yogurt
Watermelon
Juice
Milk Variety

6

Cereal and crackers
Banana
Juice
Milk Variety

9

Danish
Mix Fruit Cup
Juice
Milk Variety

10

Muffin
Watermelon
Juice
Milk Variety

11

Mini Bagel
Banana
Juice
Milk Variety

12

Pop Tart
Apple
Juice
Milk Variety

13



Cinnamon Roll
Banana
Juice
Milk Variety

17

Nutrigrain Bar and
Yogurt
Watermelon
Juice, Milk Variety

18

Banana Bread
Mix Fruit Cup
Juice
Milk Variety

19

Muffin
Apple
Juice,
Milk Variety

20

Cereal and crackers
Banana
Juice, Milk Variety

23

Danish
Mix Fruit Cup
Juice
Milk Variety

24

Pop Tart
Watermelon
Juice
Milk Variety

25

Muffin
Banana
Juice
Milk Variety

26

Mini Bagel
Banana
Juice
Milk Variety

27

Cereal and crackers
Apple
Juice
Milk Variety

30

Cinnamon Roll
Mix Fruit Cup
Juice
Milk Variety

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