

# March 2023

## Amerischool – Lunch Menu

M

Cheeseburger  
Corn  
Fruit of the day  
Variety of Milk

6

T

Spaghetti w Meat Sauce  
w Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk

7

W

Cheese Nachos  
Refried Beans  
Fruit of the day  
Variety of Milk

1

T

Teriyaki Chicken w Rice  
Green Beans  
Fruit of the day  
Variety of Milk

2

F

Chilaquiles  
Broccoli  
Fruit of the day  
Variety of Milk

3

Cheese Quesadilla  
Refried Beans  
Fruit of the day  
Variety of Milk

8

Turkey & Cheese  
Sandwich  
Green Beans  
Fruit of the day  
Variety of Milk

9

Pepperoni Pizza  
Romaine Salad  
Fruit of the day  
Variety of Milk

10

Corn Dog  
Corn  
Fruit of the day  
Variety of Milk

13

Mac & Cheese w  
Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk

14

Chicken Fajitas w Tortilla  
Refried Beans  
Fruit of the day  
Variety of Milk

15

Bean & Cheese Burrito  
Green Beans  
Fruit of the day  
Variety of Milk

16

Turkey & Cheese Sub  
Broccoli  
Fruit of the day  
Variety of Milk

17

Happy Spring Break

20

21

22

23

24

Chicken Patty Sandwich  
Corn  
Fruit of the day  
Variety of Milk

27

Baked Ziti w Meat Sauce  
w Garlic Bread  
Carrots  
Fruit of the day  
Variety of Milk

28

Beef & Potato Tacos  
Refried Beans  
Fruit of the day  
Variety of Milk

29

BBQ Chicken Sandwich  
Green Beans  
Fruit of the day  
Variety of Milk

30

Pepperoni Pizza  
Romaine Salad  
Fruit of the day  
Variety of Milk

31

### Fruit of the Day:

Apple, Banana,  
Mix Fruit, Grapes,  
Honeydew, Orange, Pears,  
Plums, Watermelon,  
Strawberries, Pineapple

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

This institution is an equal opportunity provider.  
Tucson Nutritional Manager: Mirna Arenas (520) 979-8695  
mirna.arenas@healthyinnovationsaz.com

**MENUS SUBJECT TO CHANGE**