

MAY 2023

AMERISCHOOLS PHX - LUNCH MENU

M

Hot Dog
Cheesy potato wedges
Banana
Variety of Milk 1

Chicken nuggets and bbq sauce
Mashed potatoes
Banana
Variety of Milk 8

Pop corn chicken and marinara sauce
Potato tots
banana
Variety of Milk 15

Cheeseburger
Potato Wedges
Banana
Variety of Milk 22

T

Ham mac and cheese
Carrots
Watermelon
Variety of Milk 2

Spaghetti w meat sauce and garlic bread
Carrots
Watermelon
Variety of Milk 9

Ziti w meat sauce
Garlic bread
Carrots
Watermelon
Variety of Milk 16

Chicken teriyaki w rice
Carrots
Watermelon
Variety of Milk 23

W

Pepperoni pizza
Romaine Salad
Pear
Variety of Milk 3

Pepperoni pizza
Romaine Salad
Pear
Variety of Milk 10

Pepperoni pizza
Romaine Salad
Pear
Variety of Milk 17

Pepperoni pizza
Romaine Salad
Pear
Variety of Milk 24

T

Taquitos and homemade salsa
Refried Beans
Apple
Variety of Milk 4

Chicken Quesadilla
Refried Beans
Orange
Variety of Milk 11

Chicken enchilada
Refried Beans
Orange
Variety of Milk 18

Beef picadillo w tortilla
Refried Beans
Orange
Variety of Milk 25

F

Turkey and cheese sub
Green Beans
orange
Variety of Milk 5

Ham and cheese sandwich
Green Beans
Fruit of the day
Variety of Milk 12

Chicken breaded and cheese sub
Green beans
Orange
Variety of Milk 19

Last Day of school

HELLO
Summer

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

This institution is an equal opportunity provider.

Menus: Tania Felix (520) 495 5533
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AMERISCHOOLS PHX - BREAKFAST MENU

M	T	W	T	F
Muffin Peaches Juice Milk Variety 1	Mini Bagel Strawberries Juice Variety of Milk 2	Pop Tart Orange wedges Juice Variety of Milk 3	Bagel and cream cheese Cantaloupe Juice Variety of Milk 4	Cinnamon Roll Fruit mix cup Juice Variety of Milk 5
Super donut Peaches Juice Milk Variety 8	Yogurt and granola Strawberries Juice Variety of Milk 9	Danish Orange wedges Juice Variety of Milk 10	Cereal bowl Cantaloupe Juice Variety of Milk 11	Bagel w cream cheese Fruit mix cup Juice Variety of Milk 12
Pop Tart Peaches Juice Milk Variety 15	Cereal bowl Strawberries Juice Variety of Milk 16	cinnamon roll Orange wedges Juice Variety of Milk 17	Mini bagel Cantaloupe Juice Variety of Milk 18	Cinnamon Crisps and yogurt Fruit mix cup Juice Variety of Milk 19
Banana Bread Peaches Juice Milk Variety 22	Yogurt and nutrigrain bar Strawberries Juice Variety of Milk 23	Super donut Orange wedges Juice Variety of Milk 24	Danish Cantaloupe Juice Variety of Milk 25	

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