

SEPTEMBER 2023

AMERISCHOOL - BREAKFAST MENU



T
Pop Tart
Watermelon Diced
Juice
Variety of Milk

5

W
Danish
Orange wedges
Juice
Variety of Milk

6

T
Cereal
Orange wedges
Juice
Variety of Milk

7

F
Banana Bread
Fruit Mix Cup , juice
Variety of Milk

1

Muffin
Fruit Mix Cup , juice
Variety of Milk

8

Mini Bagel
Watermelon Diced
Juice
Variety of Milk

11

Yogurt and granola bar
Banana , Juice
Variety of Milk

12

Muffin
Orange wedges
Juice
Variety of Milk

13

Cinnamon Roll
Orange wedges
Juice
Variety of Milk

14

Cereal
Fruit Mix Cup
Juice
Variety of Milk

15

Banana Bread
Apple Slices
Juice
Variety of Milk

18

Pop Tart
Banana
Banana , Juice
Variety of Milk

19

Mini Bagel
Orange wedges
Juice
Variety of Milk

20

Danish
Orange wedges
Juice
Variety of Milk

21

Muffin
Fruit Mix Cup , juice
Variety of Milk

22

Cinnamon Roll
Apple Slices
Juice
Variety of Milk

25

Yogurt and granola Bar
Orange wedges
Juice
Variety of Milk

26

Pop tart
Orange wedges
Juice
Variety of Milk

27

Muffin
Peaches , Juice
Variety of Milk

28

Cereal
Fruit Mix Cup
Juice
Variety of Milk

29



HEALTHY INNOVATIONS

This institution is an equal opportunity provider.

Menus: Tania Felix (520) 495 5533

MENUS SUBJECT TO CHANGE

Tania.felix@healthyinnovationsaz.com

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AMERISCHOOL - LUNCH MENU



M

T

W

T

F

Cheeseburger
Potato wedges
Banana
Milk Variety

11

Chicken alfredo
Pasta and roll
Carrots
Fruit Mix Cup
Milk Variety

12

Pepperoni Pizza
Caesar Salad
Fruit of the day
Milk Variety

13

Chicken Chimichanga
(Homemade salsa)
Refried Beans
Apple
Milk Variety

14

Hot Dog
Celery
Pear
Milk Variety

15

Turkey Corn Dog
Corn
Banana
Milk Variety

18

Ziti w meat sauce and
garlic bread .
Carrots,
Fruit Mix Cup
Milk Variety

19

Pepperoni Pizza
Garden Salad
Fruit of the day
Milk Variety

20

Picadillo w tortilla
Refried Beans
Apple
Milk Variety

21

Ham and cheese sub
Celery
Pear
Milk Variety

22

Chicken Patty Sandwich
Potato wedges
Banana
Milk Variety

25

Mac and Cheese &
garlic bread
Carrots, Fruit Mix Cup
Milk Variety

26

Pepperoni Pizza
Caesar Salad
Fruit of the day
Milk Variety

27

Taquitos
(Homemade salsa)
Refried Beans , Apple
Milk Variety

28

Italian Sub
Celery
Pear
Milk Variety

29

Ham and chese
subCelery
Fruit of the day
Milk Variety

1

Turkey and cheese
sandwich
Carrot sticks
Pear
Milk Variety

8

Beef nachos
Refried Beans
Apple
Milk Variety

7

Pepperoni Pizza
Garden Salad
Fruit of the day
Milk Variety

6

Chicken Nuggets
Mashed Potatoes
Banana
Milk Variety

5



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