

November 2023



Amerischool - Lunch Menu



Fruit of the day:

Grapes,
Peaches,
Watermelon,
Banana,
Pears, Apple,
Orange, Fruit
Cup, Pears,
Nectarines,
Pineapple,
Cantaloupe,
Honey dew,
Plums,

	W	T	F
	W Beef & Potato Tacos Refried Beans Fruit of the day Milk Variety 1	T Bean & Cheese Burrito Green Beans Fruit of the day Milk Variety 2	F Pepperoni Pizza Romaine Salad Fruit of the day Milk Variety 3
M	M Cheeseburger Corn Fruit of the day Milk Variety 6	T Chicken Alfredo Pasta w Garlic Bread Carrots Fruit of the day Milk Variety 7	
	Picadillo w Tortilla Refried Beans Fruit of the day Milk Variety 8	Hot Dog Green Beans Fruit of the day Milk Variety 9	 VETERANS DAY 10
	Chicken Nuggets Corn Fruit of the day Milk Variety 13	Spaghetti w Meat Sauce w Roll Carrots Fruit of the day Milk Variety 14	Cheese Quesadilla Refried Beans Fruit of the day Milk Variety 15
	Turkey & Cheese Sandwich Green Beans Fruit of the day Milk Variety 16	Pepperoni Pizza Romaine Salad Fruit of the day Milk Variety 17	
	Hamburger Green Beans Fruit of the day Milk Variety 20	Baked Ziti w Roll Carrots Fruit of the day Milk Variety 21	Thanksgiving Dinner Turkey w Roll Mashed Potato Fruit of the day Milk Variety 22
	Thanksgiving Break 23	Thanksgiving Break 24	
	Chicken Patty Sandwich Corn Fruit of the day Milk Variety 27	Mac & Cheese w Roll Carrots Fruit of the day Milk Variety 28	Chicken Fajitas w Tortilla Refried Beans Fruit of the day Milk Variety 29
	Turkey Corn Dog Green Beans Fruit of the day Milk Variety 30		



This institution is an equal opportunity provider.
 Nutrition Manager: Mirna Arenas
MENUS SUBJECT TO CHANGE
 Mirna.arenas@healthyinnovationsaz.com