

NOVEMBER

AMERISCHOOLS – BREAKFAST MENU



M

Banana Mini Loaf

Apple Slices
Apple Juice
Variety of Milk

6

T

Maple mini cini

Grapes , Apple Juice
Variety of Milk

7

W

Bagel and cream cheese

Peaches
Grape Juice
Variety of Milk

1

T

Pop Tart

Peaches
Grape Juice
Variety of Milk

2

F

Breakfast Bacon Quesadilla

Fruit Mix Cup , juice
Variety of Milk

3



Pop Tart

Apple Slices
Apple Juice
Variety of Milk

13

Assorted Cereal

Banana ,
Orange Juice Variety
of Milk

14

Danish

Orange wedges
Apple Juice
Variety of Milk

15

Soft Cinnamon Toast Bar

Grapes
Grape Juice
Variety of Milk

16

Pop Tart

Fruit Mix Cup
Orange Juice
Variety of Milk

17

Mini Bagel

Apple Slices
Apple Juice
Variety of Milk

20

Yogurt and granola

Banana ,
Apple Juice
Variety of Milk

21

Banana bread

Grapes
Orange Juice
Variety of Milk

22



Cinnamon Roll

Apple Slices
Apple Juice
Variety of Milk

27

Apple Frudel

Orange wedges
Orange Juice
Variety of Milk

28

Muffin

Watermelon Diced
Apple Juice
Variety of Milk

29

Bagel w ham and cheese

Fruit Mix Cup
Orange Juice
Variety of Milk

30



This institution is an equal opportunity provider.

Menu: Tania Felix (520) 495 5533

MENUS SUBJECT TO CHANGE Tania.felix@healthyinnovationsaz.com

NOVEMBER

AMERISCHOOLS – LUNCH MENU



M
Chicken Patty Sandwich
 Potato Wedges
 Banana
 Milk Variety 6

T
Chicken creamy linguini, garlic bread
 Carrots, orange,
 Milk Variety 7

Corn Dog
Mexican street corn salad
 Banana
 Milk Variety 13

Parmesan chicken pasta , dinner roll
 Carrots, orange,
 Milk Variety 14

Chicken tenders
Mashed potatoes
 Banana
 Milk Variety 20

Thanksgiving Dinner ★
 Turkey, Gravy, Mashed potatoes, Bacon Green beans, dinner roll peaches and desert. 21

Hamburger
Potato wedges
 Banana
 Milk Variety 27

Chicken noodle soup and dinner roll.
 Green beans
 Orange
 Milk Variety 28

W
Cheese Pizza
Romaine Salad
 Peach,
 Milk Variety 1

Cheese Pizza
Caesar Salad
 Peach,
 Milk Variety 8

Cheese Pizza
Romaine Salad
 Peach,
 Milk Variety 15

Cheese Pizza
Garden Salad
 Peach,
 Milk Variety 22

Cheese Pizza
Caesar Salad
 Peach,
 Milk Variety 29

T
Orange chicken and fried rice
 Carrots,
 Pear
 Milk Variety 2

Carne asada burrito (Rice and cheese)
Refried Beans
 Apple
 Milk Variety 9

Taquitos and homemade salsa
Refried Beans
 Banana
 Milk Variety 16



Chicken quesadilla
Refried Beans
 Banana
 Milk Variety 30

F
Italian Sub
Celery chips
 Pear
 Milk Variety 3



Ham and cheese sandwich
Celery chips
 Pear
 Milk Variety 17



This institution is an equal opportunity provider.
 Menus: Tania Felix (520) 495 5533
 MENUS SUBJECT TO CHANGE Tania.felix@healthyinnovationsaz.com