

DECEMBER 2023

AMERISCHOOLS AC. – LUNCH MENU

M

Cheeseburger
Potato Wedges
Banana
Milk Variety

4

Chicken Nuggets
Mashed potatoes
Banana
Milk Variety

11

Chicken Patty
Sandwich
Potato Wedges
Banana
Milk Variety

18

T

Bacon Mac and Cheese
/ Dinner roll
Carrots
Watermelon
Milk Variety

5

Ziti Chicken Alfredo
and Garlic Bread
Carrots , Watermelon
, Milk Variety

12

Beefy Mexican Pasta (Beef,
cheese, corn, and sauce)/
Dinner Roll
Carrots, Watermelon
Milk Variety

19

W

Cheese Pizza
Caesar Salad,
Apple,
Milk Variety

6

Cheese Pizza
Garden Salad,
Apple,
Milk Variety

13

Cheese Pizza
Garden Salad,
Apple,
Milk Variety

20

T

Super Nachos (Beef mix,
veggies and cheese)
Refried Beans,
Apple,
Milk Variety

7

Taquitos and
homemade salsa
Refried Beans,
Apple,
Milk Variety

14

Carne Asada quesadilla
Refried Beans,
Apple,
Milk Variety

21

F

PB&J Sandwich w
chips
Celery
Orange
Milk Variety

1

Grilled Cheese and
turkey Sandwich
chips
Celery , Orange
Milk Variety

8

Turkey and cheese
sub w chips
Celery
Orange
Milk Variety

15

PB&J Sandwich w
chips
Celery
Orange
Milk Variety

29

MERRY

25

26

CHRISTMAS

27

28

29



**HEALTHY
INNOVATIONS**

This institution is an equal opportunity provider.

Menus: Tania Felix (520) 495 5533

MENUS SUBJECT TO CHANGE Tania.felix@healthyinnovationsaz.com

DECEMBER 2023

AMERISCHOOLS AC. – BREAKFAST MENU

M

Yogurt and granola bar
Orange wedges
Apple Juice
Variety of Milk

4

Pop Tart
Apple Slices
Apple Juice
Variety of Milk

11

Mini Bagel
Apple Slices
Apple Juice
Variety of Milk

18

T

Danish
Banana , Orange Juice
Variety of Milk

5

Cereal w crackers
Watermelon Diced
Apple Juice
Variety of Milk

12

Cinnamon Roll
Banana ,
Orange Juice
Variety of Milk

19

W

Mini Pancakes
Banana , Apple Juice
Variety of Milk

6

Apple Frudel
Fruit Mix Cup
Grape Juice
Variety of Milk

13

Mini Loaf
Fruit Mix Cup
Grape Juice
Variety of Milk

20

T

Bagel and cream cheese
Fruit Mix Cup
Orange Juice
Variety of Milk

7

Muffin
Fruit Mix Cup
Orange Juice
Variety of Milk

14

Mini Waffles
Apple Slices
Apple Juice
Variety of Milk

21

F

Banana Bread
Orange wedges
Apple Juice
Variety of Milk

1

Cinnamon Bun
Fruit Mix Cup
Orange Juice
Variety of Milk

8

Yogurt and Granola Bar
Grapes
Orange Juice
Variety of Milk

15

Cereal w crackers
Grapes
Orange Juice
Variety of Milk

29

MERRY
25 26

CHRISTMAS
27 28



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