

# NOVEMBER

## AMERISCHOOL-LUNCH MENU



M

Corn Dog  
Corn  
Fruit of the day  
Milk Variety

4

T

Mac & cheese w Roll  
Carrots,  
Fruit of the day  
Milk Variety

5

W

Pizza Day  
Romaine Salad  
Fruit of the day  
Milk Variety

6

T

Chicken Fajitas w  
Tortillas  
Refried Beans  
Fruit of the day  
Milk Variety

7

F

Italian Sandwich  
Chips  
Fruit of the day  
Milk Variety

1

M

Turkey Sandwich  
Fruit of the day  
Milk Variety

8

VETERANS DAY  
Fruit of the day  
Milk Variety



Orange Chicken w  
rice  
Carrots  
Fruit of the day  
Milk Variety

12

Pizza Day  
Romaine Salad  
Fruit of the day  
Milk Variety

13

Beef Nachos  
Refried Beans  
Fruit of the day  
Milk Variety

14

Italian Sandwich  
Chips  
Fruit of the day  
Milk Variety

15

Hot Dog  
Mash Potatoes  
Fruit of the day  
Milk Variety

18

Ziti w meat sauce and  
Dinner Roll  
Carrots  
Fruit of the day  
Milk Variety

19

Pizza Day  
Romaine Salad  
Fruit of the day  
Milk Variety

20

Taquitos  
Refried Beans  
Fruit of the day  
Milk Variety

21

Turkey Sub  
Chips  
Fruit of the day  
Milk Variety

22

Cheeseburger  
Potatoes Wedges  
Fruit of the day  
Milk Variety

25

Turkey and Mashed  
Potatoes & Gravy  
Dinner Roll  
Green Beans  
Fruit of the day  
Milk Variety

26

Pizza Day  
Romaine Salad  
Fruit of the day  
Milk Variety

27

Thanksgiving  
Break

Fruit of the Day:  
Apple, Banana, Fruit  
Cocktail, Grapes,  
Honeydew, Orange, Pears,  
Plums, Watermelon

This institution is an equal opportunity provider

MENUS SUBJECT TO CHANGE  
[www.healthynovationsaz.com](http://www.healthynovationsaz.com)

HEALTHY  
INNOVATIONS



# NOVEMBER

## AMERISCHOOL - BREAKFAST MENU



M

Pop tart  
Fruit of the day  
Juice  
Variety of Milk

4

T

Mini Waffle  
Fruit of the day  
Juice,  
Variety of Milk

5

W

Breakfast Burrito  
Fruit of the day  
Juice  
Variety of Milk

6

T

Blueberry Muffin  
Fruit of the day  
Juice  
Variety of Milk

7

F

Mini Loaf  
Fruit of the day  
Juice  
Variety of Milk

1

Bagel w Cream Cheese  
Fruit of the day  
Juice  
Variety of Milk

8



Assorted Cereal Bowl  
Fruit of the day  
Juice  
Variety of Milk

18

Cereal Bar  
Fruit of the day  
Juice,  
Variety of Milk

12

Yogurt & Crackers  
Fruit of the day  
Juice,  
Variety of Milk

13

Mini Bagel  
Fruit of the day  
Juice  
Variety of Milk

14

Banana Bread  
Fruit of the day  
Juice  
Variety of Milk

15

Bagel w Cream Cheese  
Fruit of the day  
Juice  
Variety of Milk

25

Pancakes  
Fruit of the day  
Juice  
Variety of Milk

26

Pop Tart  
Fruit of the day  
Juice  
Variety of Milk

27

Cinnamon Roll  
Fruit of the day  
Juice  
Variety of Milk

21

Turkey & Cheese  
Muffin  
Fruit of the day  
Juice  
Variety of Milk

22



### Thanksgiving Break

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Fruit of the Day  
Apple, Banana, Fruit  
Cocktail, Grapes,  
Honeydew, Orange,  
Pears, Plums,  
Watermelon

