

November 2020

BFASST MENU – BOYS AND GIRLS COV MESA ARTS AC

M

Assorted Muffin w
crackers
Fruit of the day
Juice
Milk Variety **2**

Assorted Cereal w crackers
Fruit of the day
Juice
Milk Variety **9**

Cinnamon Roll w
crackers
Fruit of the day
Juice
Milk Variety **16**

Nutrigrain Bar
Fruit of the day
Juice
Milk Variety **23**

Yogurt w granola
Fruit of the day
Juice
Milk Variety. **30**

T

Pancakes w sausage
Fruit of the day
Juice
Milk Variety **3**

Sausage and Egg Biscuit
Fruit of the day
Juice
Milk Variety **10**

Waffle and String
Cheese
Fruit of the day
Juice
Milk Variety **17**

Egg and Cheese Burrito
Fruit of the day
juice
Milk Variety **24**

W

Yogurt w crackers
Fruit of the day
Juice
Milk Variety **4**


VETERANS DAY
No School **11**

Yogurt w Granola
Fruit of the day
Juice
Milk Variety **18**

 **25**

T

Bagel w cream Cheese
Fruit of the day
Juice
Milk Variety **5**

Cheese Omelet w tortilla
Fruit of the day
Juice
Milk Variety **12**

Bagel w cream Cheese
Fruit of the day
Juice
Milk Variety **19**

 **HAPPY Thanksgiving** **26**

F

Egg and Ham Burrito
Fruit of the day
Juice
Milk Variety **6**

Chorizo and Egg Burrito
Fruit of the day
Juice
Milk Variety **13**

Egg, Potato and Cheese
Burrito
Fruit of the day
Juice
Milk Variety **20**

 **27**

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

During
November
enjoy our
traditional
Turkey
Dinner Day!



Thankful
and
blessed

 **HEALTHYINNOVATIONS**
A Nutritional Food Service & Culinary Experience
This institution is an equal opportunity provider.
Food service Director: Armando Rodriguez (520) 304 6377
MENUS SUBJECT TO CHANGE menus@healthyinnovationsaz.com