



OCTOBER 2020

BREAKFAST MENU – Boys and Girls COV

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Assorted Cereal w
crackers
Fruit of the day
Milk Variety,
Juice 12

Sausage and Egg
Biscuit
Fruit of the day
Milk Variety,
Juice 13

Yoghurt w crackers
Fruit of the day
Milk Variety, Juice. 14

Egg and Ham Burrito
Fruit of the day
Milk Variety, Juice 15

Bagel w cream
Cheese
Fruit of the day
Milk Variety, Juice 16

Cereal Bar w
crackers
Fruit of the day
Milk Variety,
juice 19

Pancakes w
sausage
Fruit of the day
Milk Variety,
juice 20

Omelet w tortilla
Fruit of the day
Milk Variety,
juice 21

Chorizo and Egg
Burrito
Fruit of the day
Milk Variety, juice 22

Biscuit and Jelly
Fruit of the day
Milk Variety,
Juice 23

Cinnamon Roll w
crackers
Fruit of the day
Milk Variety, juice 26

Waffle and String
Cheese
Assorted Cereal
Fruit of the day
Milk Variety, juice 27

Yoghurt w Granola
Assorted Cereal w
crackers
Fruit of the day
Milk Variety, juice 28

Egg, Potato and
Cheese Burrito
Assorted Cereal
Fruit of the day
Milk Variety, juice 29

Bagel w cream
Cheese
Assorted Cereal
Fruit of the day
Milk Variety, juice 30

Nutrigrain Bar w
crackers
Assorted Cereal
Fruit of the day
Milk Variety, juice 31

Fruit of the Day:

Apple, Banana, Fruit Cocktail, Grapes,
Honeydew, Peaches, Orange, Pears,
Plums Watermelon

 **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

October is a
great month to eat
winter squash
pumpkin



It can be used to
make **pies, cakes,**
and even
pudding! Health
benefits include:

- Its Great to
your muscles and
vision.
- Rich in
potassium and
fiber.
- Good source
of A and C
vitamins

