

# OCTOBER 2020

## LUNCH MENU – Boys and Girls COV

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5



6

7

8



9

- Chicken Quesadilla
- Refried Beans
- Fruit of the day
- Variety of Milk

1

- Pepperoni Pizza
- Broccoli
- Fruit of the day
- Variety Milk

2

- Cheeseburger
- Corn
- Fruit of the day
- Variety Milk

12

- Spaghetti w meat sauce
- Carrots
- Fruit of the day
- Variety Milk

13

- Hot Dog
- Green Beans
- Fruit of the day
- Variety of Milk

14

- Beef and Potatoes tostada
- Refried Beans
- Fruit of the day
- Variety of Milk

15

- Pepperoni Pizza
- Broccoli
- Fruit of the day
- Variety Milk

16

- Chicken Tenders w roll
- Corn
- Fruit of the day
- Variety Milk

19

- Slopy Joe
- Carrots
- Fruit of the day
- Variety Milk

20

- Ham Sandwich
- Green Beans
- Fruit of the day
- Variety of Milk

21

- Chicken Fajitas
- Refried Beans
- Fruit of the day
- Variety of Milk

22

- Pepperoni Pizza
- Broccoli
- Fruit of the day
- Variety Milk

23

- Chicken Patty
- Corn
- Fruit of the day
- Variety Milk

26

- Orange Chicken w rice
- Carrots
- Fruit of the day
- Variety Milk

27

- Mac and Cheese
- Green Beans
- Fruit of the day
- Variety of Milk

28

- Chicken Taco
- Refried Beans
- Fruit of the day
- Variety of Milk

29

- Pepperoni Pizza
- Broccoli
- Fruit of the day
- Variety Milk

30

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

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



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