

March 2021

LUNCH MENU – BOYS AND GIRLS CLUB MESA ARTS AC.

Fruit of the Day:

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

M

Chicken nuggets
Corn
Banana
Variety of Milk 1



8

Chicken Patty
Sandwich
Mashed Potatoes
Banana
Variety of Milk 15

HAPPY SPRING!

Hot Dog
Corn
Banana
Variety of Milk 22

Corn Dog
Mashed Potatoes
Banana
Variety of Milk

T

Spaghetti w meat
sauce
Carrots
Apple
Variety of Milk 2

Happy

9

Hamburger
Carrots
Apple
Variety of Milk 16

Beef Mac and
Cheese
Carrots
Apple
Variety of Milk 23

Baked Ziti w meat
sauce
Carrots
Apple
Variety of Milk 30

W

Cheese Quesadilla
Refried Beans
Watermelon
Variety of Milk 3

Spring

10

Chicken Quesadilla
Refried Beans
Watermelon
Variety of Milk 17

Chicken enchilada
burrito
Refried Beans
Fruit Mix Cup
Variety of Milk 24

Chicken Fajitas w
tortilla
Refried Beans
Watermelon
Variety of Milk

T

Pepperoni pizza
Romaine Salad
Orange
Variety of Milk 4

Break

11

Pepperoni pizza
Romaine Salad
Orange
Variety of Milk 18

Pepperoni pizza
Romaine Salad
Orange
Variety of Milk 25

F

Grilled Cheese
Sandwich
Celery
Fruit Mix Cup
Variety of Milk 5



12

Ham and cheese
Sandwich
Celery
Fruit Mix Cup
Variety of Milk 19

Italian Sub
Celery
Fruit Mix Cup
Variety of Milk 26

HEALTHYINNOVATIONS
A Nutritional Food Service & Culinary Experience

This institution is an equal opportunity provider

Menus: Tania Felix (520) 495 5533
MENUS SUBJECT TO CHANGE menus@healthyinnovationsaz.com

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BREAKFAST MENU – BOYS AND GIRLS CLUB MESA ARTS AC.

M
Cinnamon Toasters
Cereal
Apple Juice
Variety of Milk 1

T
Blueberry Muffin
Fruit Mix Cup
Juice
Variety of Milk 2

W
Bagel w cream cheese
Orange Juice
Variety of Milk 3

T
Egg and Ham w tortilla
Banana Juice
Variety of Milk 4

F
Pancakes
Watermelon Juice
Variety of Milk 5



Happy 9

Spring 10

Break 11



Yogurt w crackers
Apple Juice
Variety of Milk 15

Cinnamon Roll
Fruit Mix Cup
Juice
Variety of Milk 16

Pop Tart
Orange Juice
Variety of Milk 17

Scrambled egg
Potato Cheese w tortilla
Banana Juice
Variety of Milk 18

Waffle
Watermelon Juice
Variety of Milk 19

HAPPY SPRING!
Cereal Bar
Apple Juice
Variety of Milk 22

Bagel w cream cheese
Fruit Mix Cup
Juice
Variety of Milk 23

Pancakes
Orange Juice
Variety of Milk 24

Egg and Cheese w tortilla
Banana Juice
Variety of Milk 25

Chocolate muffin
Watermelon Juice
Variety of Milk 26

Apple Zing Cereal
Apple Juice
Variety of Milk 29

Granola Bar
Fruit Mix Cup
Juice
Variety of Milk 30

Biscuit and Jelly
Orange Juice
Variety of Milk 31

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Honeydew,
Orange, Pears,
Plums
Watermelon

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