AutomationElement menuBar = AutomationElement.RootElement.FindFirst(TreeScope.Descendants,

new PropertyCondition(AutomationElement.AutomationIdProperty, "menuStrip1"));

AutomationElementCollection items = menuBar.FindAll(

TreeScope.Children,

new PropertyCondition(AutomationElement.ControlTypeProperty, ControlType.MenuItem));

// click menu item 1 (0,1,2,....)

InvokePattern ClickMenuItem = (InvokePattern)items[2].GetCurrentPattern(InvokePattern.Pattern);

ClickMenuItem.Invoke();

// SUB MENU

AutomationElementCollection items2 = items[2].FindAll(

TreeScope.Children,

new PropertyCondition(AutomationElement.ControlTypeProperty, ControlType.MenuItem));

// click sub menu item 1 (0,1,2,....)

InvokePattern ClickMenuItem2 = (InvokePattern)items2[1].GetCurrentPattern(InvokePattern.Pattern);

ClickMenuItem2.Invoke();