



Nutrition & Wellness News Jan. 19, 2023



Breakfast Menu - served 7:45-8:05 a.m.

Jan 23-26	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu



Jan 23-26	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheesy Spaghetti</u> Delicious Spaghetti with Marinara Sauce and topped with Mozzarella Cheese	<u>Chicken Chilaquiles</u> Breaded chicken in red sauce, served with Tortilla Chips	<u>Hamburger</u> Beef Burger with a Whole Wheat Bun	<u>Pepperoni Pizza</u> Cheese and Pork Pepperonis on a Whole Wheat Crust
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings.

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Purple Cauliflower Blue Sky Organic Farms, Litchfield Park	Snow Peas Blue Sky Organic Farms	Snap Peas Blue Sky Organic Farms	Orange Wedges Orchard Community Learning Center, Phoenix
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This institution is an equal opportunities provider. Menu subject to change without prior notice.
Choice of 1% or fat-free milk offered with every meal.

Mix it Up
WITH THE NATIONAL
SCHOOL LUNCH PROGRAM



Available to all students
at no charge



LEARN MORE

This institution is an equal opportunity provider.

FRESH
FRUIT &
VEGETABLE
PROGRAM



Family BINGO Night

Tuesday, January 24

4:00-6:00 pm

Games begin at 4:30pm

Yes, there will be PRIZES!!

Noche familiar de bingo

martes, 24 de enero

4:00-6:00 p. m.

Si, habrá PREMIOS

Los juegos comienzan a las 4:30 p.m.