



Nutrition & Wellness News Jan 30, 2022



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

Jan 30-Feb 2	Monday 	Tuesday 	Wednesday 	Thursday 
Choice 1	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Pizza
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Assorted Fruits	Carrots, Apples Assorted Fruits	Carrots, Apples Assorted Fruits	Carrots, Apples Assorted Fruits

Lunch Menu

Jan 30-Feb 2	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
	<u>Cheese Breadstick</u>	<u>NEW! Chicken Pozole</u>	<u>Hot Ham and Cheese</u>	<u>Asian Chicken & Noodles</u>
Hot Choice	Breadstick stuffed with Cheese and Marinara Sauce to dip	Traditional Chicken Pozole with Radishes, Cabbage & Tortilla Chips	Whole Wheat Sub Bun with Turkey Ham	 Sesame Diced Chicken with Rice Noodles
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 Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Assorted Fresh Fruits, Veggies, Salad and toppings.				

Fresh Fruit & Vegetable Program (FFVP)

FFVP	 Cherry Tomatoes Pinnacle Farm West	 Ruby Red Grapefruit Justice Brothers Ranch	 Carrots Blue Sky Organic Farms	 Blood Oranges Agritopia Farms, Gilbert
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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.



Here are some of our favorite local foods we are serving up this week:

Vegetables

Arizona Fresh
Microgreens



Arizona Grown

Shamba AZ Farm, Phoenix



We are
 in LOVE
 with Arizona's
 Healthy
 Harvest



Arizona Grown



Fruits

Arizona Fresh
Citrus



Arizona Grown

AgriTopia Farm, Gilbert
Justice Brothers Ranch, Waddell

Dairy

Arizona Fresh
Milk



SHAMROCK FARMS



Arizona Grown

From cows in Stanfield, AZ

Vegetables

Arizona Fresh
Carrots



Arizona Grown

Blue Sky Organic Farms, Litchfield Park