



Nutrition & Wellness News Feb 2023



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

Feb 13-16	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel Or Breakfast Bar	Breakfast Burrito	Waffle & Sausage	Breakfast Pizza
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 Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Feb 13-16	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Macaroni and Cheese</u> Kids Favorite Elbow Pasta with Cheese sauce	<u>S-oam Bavi Bowl</u> Local Tepeary Beans & Chicken in Salsa over Brown Rice	<u>Hot Dog</u> Turkey Hot Dog on Whole Wheat Bun	<u>Climate Smart Spaghetti & Cheesy Meatballs</u> Plant base Meatballs with Mozzarella over Spaghetti
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	Mini Bell Peeper	Long Stem Strawberries	Carrot Sticks	Purple Cauliflower Blue Sky Organic Farms
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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.

**FRESH
FRUIT &
VEGETABLE
PROGRAM**

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.

Vegetables

Arizona Fresh Carrots

Arizona Grown
Blue Sky Organic Farms
Litchfield Park

Vegetables

Arizona Fresh Broccoli

Arizona Grown
Produce Farms
Phoenix, AZ

Dairy

Arizona Fresh Milk

SHAMROCK FARMS

Arizona Grown
From dairy cows in
Scottsdale, AZ

Fruits **Vegetables** **Protein** **Grains** **Dairy**

We are
in LOVE
with Arizona's
Healthy
Harvest

Arizona Grown

See what Arizona-grown foods we're serving up in the cafeteria this week!

Vegetables **Protein**

Arizona Grown Tepary Beans

Arizona Grown
Ramona Farm,
Sacaton, AZ

Vegetables

Arizona Fresh Cauliflower

Arizona Grown
Blue Sky Organic Farms
Litchfield Park