



# Nutrition & Wellness News Feb. 2, 2023

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



Feb 6-9	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	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 Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

## Lunch Menu

Feb 6-9	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Grilled Cheese Sand</u> Whole Wheat Bread filled with Melted Cheese Tomato Soup	<u>Pork Carnita Taco</u> Pork Carnitas on Hard Shell Taco	<u>Orange Chicken and Rice</u> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	<u>Pancakes &amp; Sausage</u> Whole Wheat Pancakes And Turkey Sausage
Cold Choice	<u>Peanut Butter &amp; 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

## Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

## Fresh Fruit & Vegetable Program (FFVP)

FFVP	Red Grapes	Celery Sticks	Sugar Snaps Peas West Pinnacle Farms	Orange Wedges
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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](#)

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*See what Arizona-Grown food we're serving in the Cafeteria this week!*

**Vegetables**

Arizona Fresh Spinach



*Arizona Grown*  
 Blue Sky Organic Farms,  
 Litchfield Park, AZ

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

 We are in LOVE with Arizona's Healthy Harvest

 *Arizona Grown*

**Vegetables**

Arizona Fresh Sugar Snap Peas



*Arizona Grown*  
 Pinnacle Farms,  
 Phoenix, AZ

**Dairy**

Arizona Fresh Milk



*Arizona Grown*  
 Stanfield, AZ