



Nutrition & Wellness News Aug 11, 2022

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



Aug. 15 - 18	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Waffle and 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 Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Aug. 15 - 18	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Breadstick</u> Breadstick stuffed with Cheese and Marinara Sauce to dip	<u>Fiesta Chicken Wrap</u> Whole Wheat Tortilla with Chicken Strips	<u>Hot Ham and Cheese</u> Whole Wheat Sub Bun with Turkey Ham	<u>Asian Chicken & Noodles</u> 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
Choices of Veggies	Spinach Salad	Pico de Gallo Salad, Refried Beans, Corn	Sliced Tomatoes, Leaf Lettuce and Pickles	Caesar Salad Roasted Broccoli
Choice of Fruit	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Carrots, White Satin Rhiba Farms, Santan Valley	Melons, Honeydew, Double Dew Crooked Sky Farms, Phoenix	Kohlrabi Aguiar Farms, Paulden	Specialty Melon Al-Hamka Farm, Phoenix
-------------	--	--	-----------------------------------	---

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



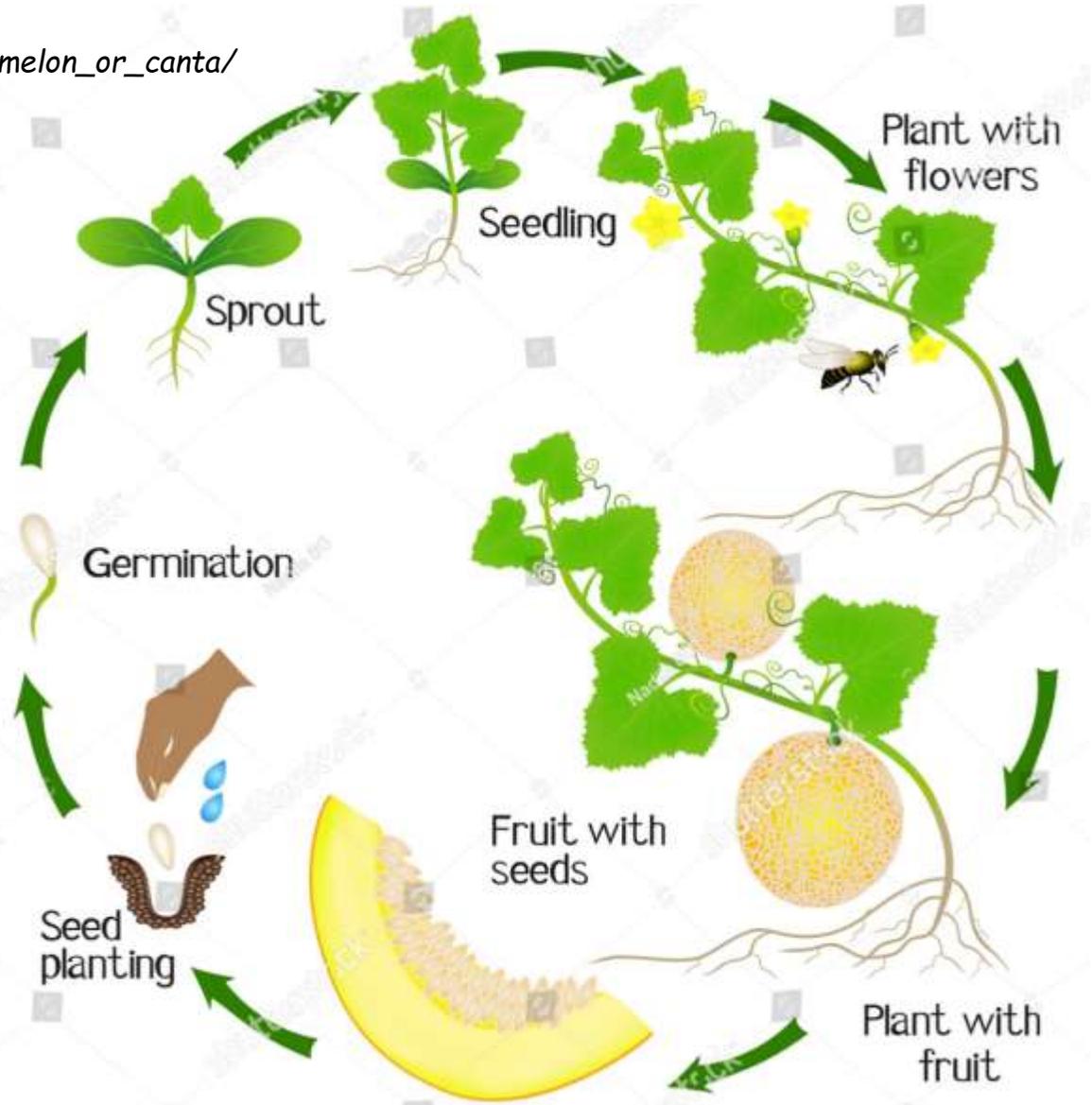
LEARN MORE

This institution is an equal opportunity provider.

**FRESH
 FRUIT &
 VEGETABLE
 PROGRAM**

https://harvesttotable.com/how_to_grow_muskmelon_or_canta/

Learn all about growing melons!



Cantaloupe

- ✓ Low in Saturated Fat
- ✓ Fat-Free
- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Gluten-Free

Excellent source of vitamins A and C

