



Nutrition & Wellness News Aug 26, 2022

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



Aug.29-Sept 1	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Granola-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



Aug.29-Sept 1	Meatless Monday	Arizona Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Macaroni and Cheese</u> Kids Favorite Elbow Pasta with Cheese Sauce	<u>Three Sisters Enchilada Nachos</u> Fresh Winter Squash, Beans and Corn Sauce with Tortilla Chips	<u>Hot Dog</u> Turkey Hot Dog On Whole Wheat Bun	<u>Fish Sticks & Muffin</u> Delicious Breaded Cod Fish Sticks with a Corn Muffin
Cold Choice	<u>PB & J Sandwich</u> Whole Wheat Bread with Peanut Butter & 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
Choices of Veggies	Roasted Broccoli Carrots, Green Beans	Pico de Gallo Salad Refried Beans, Corn	<u>Slaw Salad</u> Carrots & Peas, Cucumbers	Local Roasted Potatoes & Carrots, Mixed Greens Salad
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	Medjool Dates Desert Fruit Farm	Watermelon Dennis Hudson	Blood Oranges	Spaghetti Squash 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.

From salad greens and melons, to bread and beans... We support Arizona producers by making local food a priority in our nutrition & wellness programs

Desde verduras para ensalada y melones, hasta pan y frijoles... Apoyamos a los productores de Arizona al hacer de la comida local una prioridad en nuestros programas de nutrición y bienestar.

We buy LOCAL
Compramos LOCAL



**WHY PICK SCHOOL LUNCH
FOR YOUR CHILD
EVERY DAY?**

Our Nutrition team works hard to provide delicious and nutritious meals for every student, every day. Consider leaving the lunch box at home, and encourage your students to enjoy school meals!



English

**¿POR QUÉ ELEGIR ALMUERZO
ESCOLAR PARA SU HIJO
TODOS LOS DÍAS?**

Nuestro equipo de Nutrición trabaja arduamente para brindar comidas deliciosas y nutritivas para todos los estudiantes, todos los días. ¡Considere dejar la lonchera en casa y anime a sus estudiantes a disfrutar de las comidas escolares!



Español



Nutrition & Wellness

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