



Nutrition & Wellness News Sept. 23, 2022



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

Sept 26-30	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 Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Sept 26-30	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Macaroni and Cheese</u> Kids Favorite Elbow Pasta with Cheese sauce	<u>Chicken Chilaquiles</u> Chicken cooked on a cheesy 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>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
Choices of Veggies	Roasted Broccoli Carrots, Green Beans	Pico de Gallo Salad Refried Beans, Corn	Slaw Salad 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	Fresh Peaches	Watermelon	Apples Gala Briggs and Eggers Orchard, Wilcox, AZ	Assorted Fruits & Veggies
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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.

**FRESH
 FRUIT &
 VEGETABLE
 PROGRAM**

what to plant in your
**ARIZONA
 GARDEN**
in October



October is...
 National Farm to School Month!

Octubre es... ¡Mes Nacional
 de la Granja a la Escuela!

School Lunch Week/Semana de
 Almuerzo Escolar Oct. 17-20

- 70's Day/Día de los 70s Oct. 19

Farm to School Week/Semana de la
 Granja a la Escuela Oct. 24-27

- Family Night Oct. 25