

~ ~ ~ Happy New Year! ~ ~ ~

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>January-8</b> <b>Whole Grain Pancakes</b> with Syrup Fluffy Scrambled Eggs</p>	<p><b>January-9</b> <b>Whole Grain Banana Bread</b> Fruit Yogurt <i>** Mini Bagel &amp; Cream Cheese offered with Fruit Yogurt, Fruit or Juice, and Milk available Daily at Breakfast **</i></p>	<p><b>January-10</b> <b>Whole Grain Cinnamon-Oat Breakfast Bar</b> String Cheese</p>	<p><b>January-11</b> <b>Whole Grain Cinnamon French Toast</b> Low Fat Pork Breakfast Sausage</p>	<p><b>January-12</b> <b>Whole Grain Blueberry Breakfast Bar</b> String Cheese</p>
<p><b>Mexican Flatbread Pizza</b> Whole Grain Flatbread topped with Homestyle Refried Beans, Mozzarella &amp; Cheddar Cheese. Offered with Salsa</p> <p><b>Pepperoni &amp; Cheese Calzone</b> Whole Grain calzone filled with Seasoned Beef Pepperoni, Mozzarella &amp; Parmesan Cheeses, and Zesty Italian Tomato Sauce</p>	<p><b>Baja Fish Tacos</b> Savory Whole Grain Battered Fish Nuggets in Flour Tortillas with Baja Sauce and Shredded Green Leaf Lettuce</p> <p><b>Corn Dog</b> Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.</p>	<p><b>Pizza</b> Pepperoni &amp; Cheese, or Just Cheese on a Whole Grain "Fire-Baked" crust. *pepperoni is made with beef &amp; pork</p> <p><b>Double Cheese Quesarrito</b> Cheddar &amp; Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito - with Mild Green Chilies</p>	<p><b>Fusion Jr.! Mongolian Beef</b> Beef Strips in a Sweet &amp; Spicy Glaze prepared with Soy Sauce, Garlic, Ginger, Brown Sugar &amp; Green Onions. Offered on Whole Grain Fried Rice</p> <p><b>Southwestern Pizza</b> Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust</p>	<p><b>Happy Birthday January! Cherry Blossom Chicken</b> Whole Grain, Popcorn Style Chicken Chunks in Sweet-Sour Cherry Blossom Sauce. Offered with Whole Grain <b>Krispie Rice Treat</b> to Honor This Month's Birthdays!</p> <p><b>Bean &amp; Cheese Burrito</b> Healthy &amp; Hearty Refried Pinto Beans &amp; Cheddar Cheese in a Whole Grain Tortilla Wrapper</p>
<p><i>Fruit, Veggie, &amp; Milk Choices Daily!</i></p>				
<p><b>January-15</b></p> <div style="border: 2px solid blue; padding: 10px; width: fit-content; margin: 10px auto;"> <p><b>Dr. Martin Luther King, Jr. Day</b></p> </div>	<p><b>January-16</b> <b>Whole Grain "Zany" Breakfast Bread*</b> Fruit Yogurt</p> <p><b>Italian Meat Sauce &amp; Pasta</b> Italian Meat Sauce with Beef in Seasoned Spaghetti-Marinara Sauce. Offered with Whole Grain Rotini Pasta</p> <p><b>Bean &amp; Cheese Burrito</b> Healthy &amp; Hearty Refried Pinto Beans &amp; Cheddar Cheese in a Whole Grain Tortilla Wrapper</p>	<p><b>January-17</b> <b>Whole Grain Blueberry Breakfast Bar</b> String Cheese</p> <p><b>Pizza</b> Pepperoni &amp; Cheese, or Just Cheese on a Whole Grain "Fire-Baked" crust. *pepperoni is made with beef &amp; pork</p> <p><b>Double Cheese Quesarrito</b> Cheddar &amp; Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito - with Mild Green Chilies</p>	<p><b>January-18</b> <b>Whole Grain Cinnamon-Oat Breakfast Bar</b> Fruit Yogurt</p> <p><b>Fusion Jr.! Homestyle Chicken Bowl</b> Crispy Chicken Nuggets top Garlic Mashed Potatoes with Gravy; Offered with Whole Grain Mini Biscuit</p> <p><b>Southwestern Pizza</b> Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust</p>	<p><b>January-19</b> <b>Whole Grain Lemon Scone</b> Fruit Yogurt</p> <p><b>Crispy Chicken or Veggie Salad</b> Breaded Chicken Strips OR Sunflower Seeds &amp; Shredded Cheese on Fresh Romaine Lettuce with Tomatoes, &amp; Carrots</p> <p><b>Pepperoni &amp; Cheese Calzone</b> Whole Grain calzone filled with Seasoned Beef Pepperoni, Mozzarella &amp; Parmesan Cheeses, and Zesty Italian Tomato Sauce</p>
<p><i>Fruit, Veggie, &amp; Milk Choices Daily!</i></p>				
<p><b>January-22</b> <b>Whole Grain Pancakes with Syrup</b> Fruit Yogurt</p> <p><b>Chicken Patty Sandwich</b> Crispy Whole Grain Chicken Patty on Whole Grain Bun with Lettuce &amp; Tomato on the Side</p> <p><b>Double Cheese Quesarrito</b> Cheddar &amp; Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito - with Mild Green Chilies</p>	<p><b>January-23</b> <b>Whole Grain Banana Bread</b> Low Fat Pork Breakfast Sausage</p> <p><b>Strawberry &amp; Yogurt Parfait</b> Sweet Strawberries Layered with Vanilla Yogurt and Whole Grain Cinnamon Granola. Offered with String Cheese at Lunch time</p> <p><b>Pepperoni &amp; Cheese Calzone</b> Whole Grain calzone filled with Seasoned Beef Pepperoni, Mozzarella &amp; Parmesan Cheeses, and Zesty Italian Tomato Sauce</p>	<p><b>January-24</b> <b>Whole Grain Cinnamon-Oat Breakfast Bar</b> String Cheese</p> <p><b>Pizza</b> Pepperoni &amp; Cheese, or Just Cheese on a Whole Grain Crust. *pepperoni is made with beef &amp; pork</p> <p><b>Bean &amp; Cheese Burrito</b> Healthy &amp; Hearty Refried Pinto Beans &amp; Cheddar Cheese in a Whole Grain Tortilla Wrapper</p>	<p><b>January-25</b> <b>Whole Grain Cinnamon French Toast</b> Fruit Yogurt</p> <p><b>Fusion Jr.! Creamy Pesto Chicken</b> Tender Chicken Strips tossed in creamy pesto basil sauce seasoned. Offered on Whole Grain Penne Pasta</p> <p><b>Corn Dog</b> Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.</p>	<p><b>January-26</b> <b>Whole Grain Blueberry Breakfast Bar</b> Scrambled Eggs</p> <p><b>Pork Little Smokies</b> Favorite Little Pork Smokie Links with Whole Grain Flour Tortilla</p> <p><b>Southwestern Pizza</b> Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust</p>
<p><i>Fruit, Veggie, &amp; Milk Choices Daily!</i></p>				
<p><b>January-29</b> <b>Whole Grain "Zany" Breakfast Bread*</b> Fruit Yogurt</p> <p><b>Hot Dog!</b> on a Whole Grain Bun (Hot dogs are made with Turkey)</p> <p><b>Double Cheese Quesarrito</b> Cheddar &amp; Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito - with Mild Green Chilies</p>	<p><b>January-30</b> <b>Whole Grain Lemon Scone</b> Fruit Yogurt</p> <p><b>Hamburger or Cheeseburger</b> All Beef Patty, with or without Cheddar Cheese, on whole Grain Bun. Offered with Lettuce &amp; Tomato on the Side</p> <p><b>Southwestern Pizza</b> Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust</p>	<p><b>January-31</b> <b>Whole Grain Blueberry Breakfast Bar</b> String Cheese</p> <p><b>Pizza</b> Pepperoni &amp; Cheese, or Just Cheese on a Whole Grain "Fire-Baked" crust. *pepperoni is made with beef &amp; pork</p> <p><b>Corn Dog</b> Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.</p>	<p><b>February-1</b> <b>Whole Grain Cinnamon-Oat Breakfast Bar</b> String Cheese</p> <p><b>Fusion Jr.! Sonoran Fiesta Chicken Nachos</b> Whole Grain Baked Tortilla Chips topped with Seasoned Shredded Chicken &amp; Cheddar Cheese Sauce. Garnished with Diced Tomatoes</p> <p><b>Pepperoni &amp; Cheese Calzone</b> Whole Grain calzone filled with Seasoned Beef Pepperoni, Mozzarella &amp; Parmesan Cheeses, and Zesty Italian Tomato Sauce</p>	<p><b>February-2</b> <b>Whole Grain Cinnamon French Toast</b> Low Fat Pork Breakfast Sausage</p> <p><b>Crispy Chicken or Veggie Salad</b> Breaded Chicken Strips OR Sunflower Seeds &amp; Shredded Cheese on Fresh Romaine Lettuce with Tomatoes, &amp; Carrots</p> <p><b>Bean &amp; Cheese Burrito</b> Healthy &amp; Hearty Refried Pinto Beans &amp; Cheddar Cheese in a Whole Grain Tortilla Wrapper</p>
<p><i>Fruit, Veggie, &amp; Milk Choices Daily!</i></p>				

Menu continues on Page 2 (reverse)



February Preview: February 5 through 9

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>February-5</b></p> <p><b>Whole Grain Banana Bread</b> Low Fat Pork Breakfast Sausage</p> <p><b>Chicken Nuggets</b> Whole Grain Chicken Nuggets offered with Crunchy, Whole Grain Cheese Crackers</p> <p><b>Pepperoni &amp; Cheese Calzone</b> Whole Grain calzone filled with Seasoned Beef Pepperoni, Mozzarella &amp; Parmesan Cheeses, and Zesty Italian Tomato Sauce</p>	<p><b>February-6</b></p> <p><b>Whole Grain Blueberry Breakfast Bar</b> String Cheese</p> <p><b>Smokie Mac' Stac'</b> Macaroni &amp; Cheese with Whole Grain Pasta in Rich &amp; Creamy Alfredo Sauce, Decorated with Favorite Little Pork Smokie Links on Top (also available without pork smokies)</p> <p><b>Double Cheese Quesarrito</b> Cheddar &amp; Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito - with Mild Green Chilies</p>	<p><b>February-7</b></p> <p><b>Whole Grain Pancakes</b> with Syrup Fluffy Scrambled Eggs</p> <p><b>Pizza</b> Pepperoni &amp; Cheese, or Just Cheese on a Whole Grain "Fire-Baked" crust. *pepperoni is made with beef &amp; pork</p> <p><b>Bean &amp; Cheese Burrito</b> Healthy &amp; Hearty Refried Pinto Beans &amp; Cheddar Cheese in a Whole Grain Tortilla Wrapper</p>	<p><b>February-8</b></p> <p><b>Whole Grain Cinnamon French Toast</b> Fruit Yogurt</p> <p><b>Fusion Jr.!</b> <b>Philly Cheese-Steak Sub</b> Thinly Sliced Beef smothered in White Cheddar Cheese Sauce; With fresh roasted yellow onions and green &amp; red bell peppers. Offered on a Whole Grain Sub Roll.</p> <p><b>Southwestern Pizza</b> Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust</p>	<p><b>February-9</b></p> <p><b>Whole Grain Cinnamon-Oat Breakfast Bar</b> Fruit Yogurt</p> <p><b>Happy Birthday February!</b> <b>Cherry Blossom Chicken</b> Whole Grain, Popcorn Style Chicken Chunks in Sweet-Sour Cherry Blossom Sauce. Offered with Whole Grain <b>Krispie Rice Treat</b> to Honor This Month's Birthdays!</p> <p><b>Corn Dog</b> Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.</p>
<i>Fruit, Veggie, &amp; Milk Choices Daily!</i>				

**2017-2018 Meal Prices**

**Pre-K to 5th Grades**

**6-7-8th Grades**

Second Student Meal\* / Unenrolled Student Meal / Adult Meal - without milk

Second Student Meal\* / Unenrolled Student Meal / Adult Meal - With Milk

Breakfast	Reduced Price	Lunch	Reduced Price
\$ 1.25	\$ 0. 25	\$ 2.30	\$ 0. 40
\$ 1.50	\$ 0. 25	\$ 2.80	\$ 0. 40
\$1.75		\$2.85	
\$2.00		\$3.15	

Students must select at least a Half Cup of Fruit or Vegetable with Meals

Milk is available at all Breakfast & Lunch Meals (Low Fat (1%), Fat Free (Skim), and Fat Free Chocolate)

At Breakfast, Whole Grain Mini Bagel(s) & Cream Cheese, offered with Fruit Yogurt is available daily as a second entrée choice. Fruit or Juice available

Any Product May Contain Peanuts / Peanut Oils

Adults may easily set up an Advance Pay Account for their own meals and food purchases but may not use their child's account due to Federal Program Rules & Guidelines

Portions may be adjusted for different grade levels based on the USDA Meal Pattern/Nutrient requirements

\*Second meal purchases only available to High School Students due to Arizona State Nutrition Standards

**MENU IS SUBJECT TO CHANGE**



Tucson Unified School District is committed to a policy of nondiscrimination based on disability, race, color, religion/religious beliefs, sex, sexual orientation, gender identity or expression, age, or national origin.

This policy will prevail in all matters concerning Governing Board, District Employees, Students, the Public Educational Programs and Services and Individuals with whom the Board does business.

Inquiries concerning Title VI, Title VII, Title IX, Section 504, and the Americans with Disabilities Act may be referred to the EEO Compliance Office, 1010 East 10th Street, Tucson, Arizona, 85719 (520)-225-6444 or to the Office of Civil Rights, U.S. Department of Education, Cesar E. Chavez Memorial Building, 1244 Speer Boulevard, Suite 310, Denver, Colorado, 80204-3582.



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Mark Stegeman, Clerk  
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