


# Elementary School Menu

November 2009


Kindergarten - Fifth Grade / TUSD Food Services Department



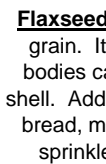

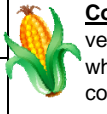


	Monday	Tuesday	Wednesday	Thursday	Friday
2 Good Morning! Lunch Lunch Express	<u>November-2</u> <b>Belgian Waffle &amp; Syrup</b> With Fruit Yogurt Orange Juice, Milk	<u>November-3</u> <b>Potato Pancakes</b> Low Fat Pork Breakfast Sausage Fresh Fruit; Milk	<u>November-4</u> <b>Bagel &amp; Cream Cheese</b> Mandarin Oranges*; Milk <small>*some schools may serve Apricots</small>	<u>November-5</u> <b>Whole Grain Cinnamon Rolls &amp; String Cheese</b> Orange Juice; Milk	<u>November-6</u> <b>Buttermilk Biscuit with Low Fat Pork Breakfast Sausage</b> Applesauce Milk
	<small>Breakfast Bar &amp; Fruit Yogurt, Featured Fruit or Juice, &amp; Milk are Available Daily</small>				
	<b>Shrimp* Poppers with Au-Gratin Potatoes</b> Baby Carrots & Light Ranch; Milk <small>*contains shellfish</small>	<b>Baked Breaded Chicken with Mashed Potatoes &amp; Gravy</b> Peaches Milk	<b>Cheese Crisp with Salsa &amp; Refried Beans</b> Fruit Cocktail Milk	<b>Cheese Pizza Slice</b> Fresh Fruit Low Fat Vanilla Ice Cream Sandwich Milk	<b>Sweet Asian Glazed Chicken with Fried Rice</b> Mandarin Oranges Milk
<b>Hamburger on a Bun</b> With Lettuce & Tomato Baby Carrots & Light Ranch Dip Milk	<b>Ham &amp; Cheddar Cheese</b> Sandwich on Wheat with Lettuce & Tomato Peaches, Strawberry Crackers, Milk <small>*ham is made with pork</small>	<b>Chicken Patty Sandwich on Multi-grain Bun</b> with Lettuce & Tomato Fruit Cocktail; Milk	<b>Hot Dog on a Bun</b> Fresh Fruit; Milk Low Fat Vanilla Ice Cream Sandwich <small>*hot dogs are made with turkey</small>	<b>Bean &amp; Cheese Burrito</b> Baked Tortilla Chips, Salsa Mandarin Oranges Milk	
3 Good Morning! Lunch Lunch Express	<u>November-9</u> <b>Maple Pancakes &amp; Low Fat Pork Breakfast Sausage</b> Orange Juice; Milk <small>Breakfast Bar &amp; Fruit Yogurt, Featured Fruit or Juice, &amp; Milk are Available Daily</small>	<u>November-10</u> <b>Cheese Omelet with English Muffin &amp; Jam</b> Fresh Fruit; Milk	<u>November-11</u> <b>Veterans Day</b>  <i>A day to honor and thank the more than 23 million military veterans of the United States of America.</i>  	<u>November-12</u> <b>Breakfast Egg &amp; Cheese Burrito with Hash Browned Potatoes</b> Pineapple; Milk	<u>November-13</u> <b>Breakfast on a Bagel</b> (Egg, Ham*, & Cheddar) Orange Juice; Milk <small>*Ham is made with pork</small>
	<b>Chicken Taco &amp; Ranch Beans</b> All white chicken Strips in a Flour Tortilla with Shredded Lettuce & Cheddar Applesauce; Milk	<b>Beef Meatball Sub Sandwich with Italian Tomato Sauce</b> Pineapple Parmesan Snack Crackers; Milk		<b>Cheese Pizza Slice</b> Sweet Corn Tropical Fruit with Light Ranch Dressing; Milk	<b>Chicken Alfredo Pasta &amp; a Warm Seasoned Breadstick</b> Fruit Cocktail; Milk
	<b>Hamburger on a Multi-Grain Bun</b> Lettuce & Tomato Applesauce; Milk	<b>Chicken Nuggets</b> Golden Corn Muffin Pineapple Milk		<b>Grilled Chicken Sub Sandwich</b> BBQ Sauce, Lettuce & Tomato Tropical Fruit Cheese Crackers; Milk	<b>Beef &amp; Bean Burrito</b> Baked Tortilla Chips, Salsa Fruit Cocktail Milk
Good Morning! Lunch Lunch Express	<u>November-16</u> <b>Pancake Sandwich</b> (Egg, Low Fat Pork Sausage Breakfast Patty, & Cheddar Cheese) Peaches; Milk	<u>November-17</u> <b>Apple Cinnamon Muffin &amp; String Cheese</b> Fresh Fruit, Milk	<u>November-18</u> <b>Potato Pancakes</b> Low Fat Pork Breakfast Sausage Applesauce; Milk	<u>November-19</u> <b>Scrambled Eggs with Cheddar Cheese; Flour Tortilla &amp; Salsa</b> Fresh Fruit; Milk	<u>November-20</u> <b>Banana Muffin with Fruit Yogurt</b> Orange Juice, Milk
	<small>Breakfast Bar &amp; Fruit Yogurt, Featured Fruit or Juice, &amp; Milk are Available Daily</small>				
	<b>Spaghetti &amp; Meat Balls with A Warm Breadstick</b> Fruit Cocktail Milk	<b>Sweet Asian Glazed Chicken with Oriental Noodles</b> Pineapple Milk	<b>Pork Smokie Links with a Flour Tortilla &amp; Western Beans</b> Fresh Fruit; Milk	<b>Pepperoni* Pizza Slice</b> Tropical Fruit Cheese Snack Crackers; Milk <small>*Pepperoni is made with beef &amp; pork</small>	<b>Grilled Cheese Sandwich served with Baked Beans</b> Peaches*; Milk <small>*some schools may serve apricots instead</small>
<b>Hot Dog* on a Bun</b> Fruit Cocktail Lemon Crackers; Milk <small>*Hot dogs are made with turkey</small>	<b>Hamburger</b> On Multi-Grain Bun; Lettuce & Tomato Baby Carrots & Lite Ranch Dip Oatmeal Raisin Cookie; Milk	<b>Crispy Chicken Salad</b> All White Chicken in a Crispy Breeding, Cheese, & Fresh Veggies on Butter Lettuce Greens; Served with a Warm Breadstick, Oatmeal Raisin Cookie and Milk	<b>Bean &amp; Cheese Burrito Baked Tortilla Chips &amp; Salsa</b> Tropical Fruit Milk	<b>Chicken Patty Sandwich on Multi-grain Bun</b> with Lettuce & Tomato Peaches*; Milk	

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	Monday	Tuesday	Wednesday	Thursday	Friday
5	<b>November-23</b>	<b>November-24</b>	<b>November-25</b>	<b>November-26</b>	<b>November-27</b>
Good Morning!	<b>Bagel &amp; Cream Cheese</b> (or jelly) Orange Juice, Milk	<b>Whole Grain Cinnamon Rolls &amp; String Cheese</b> Fresh Fruit; Milk	<b>Golden Corn Muffin &amp; Low Fat Pork Breakfast Sausage;</b> Applesauce; Milk	 <p><b>Thanksgiving</b></p>	
Lunch	<b>Shredded Pork Enchilada with Spanish Rice</b> Fruit Cocktail Milk	<b>Baked Breaded Chicken with Scalloped Potatoes</b> Peaches Oatmeal Raisin Cookie; Milk	<b>Ravioli &amp; Warm Seasoned Breadstick</b> Frozen Fruit Juice Smoothie Milk		
Lunch Express	<b>Corn Dog</b> Fruit Cocktail Cheese Crackers; Milk <small>corn dogs are made with turkey</small>	<b>Beef &amp; Bean Burrito</b> Baked Tortilla Chips, Salsa Peaches Oatmeal Raisin Cookie; Milk	<b>Cheeseburger on a Multi-Grain Bun</b> Frozen Fruit Juice Smoothie Milk		
Breakfast Bar & Fruit Yogurt, Featured Fruit or Juice, & Milk are Available Daily					

	Monday November 30	Make Half your Grains Whole		When choosing grain group foods, make it your goal to select whole grains.	
Good Morning!	<b>Bagel &amp; Cream Cheese</b> (or jelly) Orange Juice Milk	<p>Whole grains are more than just fiber. Whole grains contain vitamins, minerals, and literally hundreds of phytonutrients and antioxidants. These compounds work together with fiber to play an essential role in helping us to be healthy and reduce the risk of serious disease. MyPyramid recommend that we all eat 3 or more servings of whole grain each day. <a href="http://www.MyPyramid.gov">www.MyPyramid.gov</a></p>			
Lunch	<b>Chicken Nuggets with Macaroni &amp; Cheese</b> Tropical Fruit Mix Milk				
Lunch Express	<b>Bean &amp; Cheese Burrito</b> Baked Tortilla Chips & Salsa Tropical Fruit Mix Milk	 <p><b>Amaranth</b> is a grain native to South America. It's a great addition to rice dishes and may also be made into flour for bread recipes.</p>	 <p><b>Flaxseed</b> is a seed but used like a grain. It must be ground, as our bodies can't digest the hard outer shell. Add ground, milled flaxseed to bread, muffin, or bread crumbs or sprinkle on salads and yogurt.</p>	 <p><b>Oat</b> grains are one of the most popular whole grains.</p>	 <p><b>Corn</b> is mostly used as a vegetable dish, but it's truly a whole grain. Try cornbread, corn tortillas, and enjoy some popcorn!</p>

TUSD Food Services: Our goal is to provide healthy meals for tomorrow's decision makers. [www.tusd.k12.az.us/contents/depart/food/index.asp](http://www.tusd.k12.az.us/contents/depart/food/index.asp)

## 2009-2010 Menu Prices

	Breakfast	Reduced Price	Lunch	Reduced Price
<b>Elementary Student Meal (includes Milk)</b>	\$ 1.25	\$ 0.25	\$ 1.75	\$ 0.40
Adult / Unenrolled Student Meal Without Milk	\$ 1.75	---	\$ 2.75	---
Adult / Unenrolled Student Meal With Milk	\$ 2.00	---	\$ 3.00	---

Menu Is Subject Change. Any product may contain peanuts/ peanut oils.

Please note: Adults may easily set up an **advance pay account** for meals & food purchases, but cannot use their child's account to pay for a meal due to federal meal program regulations.

\*Second meal purchases only available to high school students due to Arizona State Nutrition Standards.

**Milk Only: \$ 0.30 Cents / Half Pint**



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