

High School Menu

October-November

Page 1: September 28 - October 23
TUSD Food Services Department



Mondays

Sept. 28; Oct. 5, 12, 19

Tuesdays

Sept. 29; Oct. 6, 13, 20

Wednesdays

Sept. 30; Oct. 7, 14, 21

Thursdays

Oct. 1, 8, 15, 22

Fridays

Oct. 2, 9, 24

Sunrise Selections

French Toast & Syrup
with
Light Pork Sausage Links
Orange Juice; Milk

Mini Potato Pancakes
and
Light Pork Sausage Links
Fresh Fruit; Milk

Belgian Waffle & Syrup
with
Light Pork Sausage Links
Fresh Fruit; Milk

Maple Pancakes
with
Light Pork Sausage Links
Fresh Fruit; Milk

Scrambled Eggs with
Hash Browned Potatoes
& Wheat Toast
Orange Juice; Milk

Bagel & Cream Cheese with Yogurt, Bakery Style or English Muffins with Yogurt (or pork breakfast sausage or string cheese as featured on daily menu) and Breakfast Bar & Yogurt Combo also available daily with featured juice or fruit and milk.

~ ☆ ~ ☆ ~ Specials & Favorites ~ ☆ ~ ☆

Alfredo Pasta
Creamy Alfredo Sauce & Bowtie Pasta
Fresh Fruit or
Warm Breadstick
Milk

Home-style Chicken
Crispy Chicken Strips, Mashed Potatoes with
Gravy, and Golden Sweet Corn
Fresh Fruit or Peaches
Milk

**Crispy Chicken &
Sweet Potato Fries**
All white chicken strips in a zesty golden
breading; Choice Fat Free Ranch or Mayo or
Gourmet BBQ Sauce
Fresh Fruit or Pineapple, Milk

**Teriyaki Chicken Bites
& Fried Rice**
Flame Broiled, white chicken strips
in teriyaki glaze
Pineapple; Milk

Beef & Cheese Ravioli
in Seasoned Italian Style Tomato Sauce
Fresh Fruit
or Parmesan Crackers
Milk

Additional Daily Options:

Bean & Cheese Burrito: Mondays, Wednesdays & Fridays Hearty & Healthy Pinto Beans & Real Cheddar Cheese in an enriched flour tortilla

Cheese Crisp: Tuesdays & Thursdays Natural Cheddar Cheese in a Lightly Toasted, Rolled Flour Tortilla

Burritos & Cheese Crisps are served with Spanish Rice; Salsa, Fresh Fruit; & Milk

Deli daily



Café Sandwich

Your choice of lean deli meats and/or cheese on a Sub Roll or
Oat Nut Bread with Lettuce & Tomato.
Served with Fresh Fruit, Baked Chips, & Milk

Now Available by Popular Request!

Peanut Butter & Jelly Sandwich Lunch Combo



Chicken & Cheese Salad

Tender, Flavorful All White
Chicken, Cheese & Fresh
Veggies on Sweet Red &
Green Butter Lettuce Blend

All Entrée Salads are Served with Low Fat Salad Dressing, Oatmeal Raisin Cookie, and Milk



Veggie Salad

Assorted Cheeses,
Sunflower Seeds, & Fresh
Veggies on Sweet Red &
Green Butter Lettuce Blend



Fruit Salad



With Fat Free Yogurt
or
Cottage Cheese

Grill daily



Hamburger or All Beef Hot Dog or Grilled Chicken Sandwich

Fresh Fruit or Baked Wedge Fries,
Oatmeal Raisin Cookie, Milk
Choice of up to 3 sandwich toppings



Pizza daily

Pizza Slice

Hand-Stretched Focaccia-Style Crust with Real Mozzarella Cheese & Deluxe Pizza
Sauce, approved and chosen by TUSD Student taste test panels!
Pizzas may have various additional toppings, including Pepperoni.
Served as a combo lunch with Fresh Fruit, Side Snack & Milk
(Personal Size Pizzas now on **Wednesdays**)



High School Menu

October - November 2009

Page 2: October 26 to November 25
TUSD Food Services Department



Mondays

Oct. 26; Nov. 2, 9, 16, & 23

Tuesdays

Oct. 27; Nov. 3, 10, 17, 24

Wednesdays

Oct. 28; Nov. 4, 18, 25

Thursdays

Oct. 29; Nov 5, 12, 19

Fridays

Oct 30; Nov 6, 13, 20



Sunrise Selections



Breakfast on a Bagel

(Egg, Cheddar Cheese, & Ham*)

Orange Juice

Milk (*pork)

Breakfast Burrito

with Egg & Cheese

Served with Hash Browns

Fresh Fruit; Milk

Scrambled Eggs

& Buttermilk Biscuit

Served with Sausage Links

Fresh Fruit; Milk (*pork)

French Toast & Syrup

With

Fruit Yogurt

Fresh Fruit; Milk

Cheddar Cheese Omelet

with Oat Nut Toast

Orange Juice

Milk

Bagel & Cream Cheese with Yogurt, Bakery Style or English Muffins with Yogurt (or pork breakfast sausage or string cheese as featured on daily menu) and Breakfast Bar & Yogurt Combo also available daily with featured juice or fruit and milk.

Pasta & Meatballs

with Italian Seasoned Tomato Sauce

Fresh Fruit or

Warm Breadstick

Milk

Nacho Grande

Shredded Seasoned Beef OR Pork, Cheddar Cheese Sauce; Baked Tortilla Chips; Salsa, Green Chillies & Fresh Diced Tomatoes.

Fresh Fruit

Milk

Lime Pepper Chicken Sub

All white chicken in a zesty lime & black pepper seasoned breading; lettuce & tomato and choice Fat Free Ranch or Mayo or Gourmet BBQ Sauce

Fresh Fruit or Baked Fries

Milk

Asian Chicken

& Oriental Noodles

all white chicken chunks, breaded & battered with a sweet Asian - style glaze

Tropical Fruit Mix; Milk

Chicken Taco

with Spanish Rice

& Refried Beans

Fresh Fruit or

Baked Tortilla Chips; Milk

Additional Daily Options:

Bean & Cheese Burrito: Mondays, Wednesdays & Fridays Hearty & Healthy Pinto Beans & Real Cheddar Cheese in an enriched flour tortilla

Cheese Crisp: Tuesdays & Thursdays Natural Cheddar Cheese in a Lightly Toasted, Rolled Flour Tortilla

Burritos & Cheese Crisps are served with Spanish Rice; Salsa, Fresh Fruit; & Milk



Café Sandwich

Your choice of lean deli meats and/or cheese on a Sub Roll or Oat Nut Bread with Lettuce & Tomato.

Served with Fresh Fruit, Baked Chips, & Milk

Now Available by Popular Request!

Peanut Butter & Jelly Sandwich Lunch Combo



Deli

daily

Chicken & Cheese Salad

Tender, Flavorful All White

Chicken, Cheese & Fresh

Veggies on Sweet Red &

Green Butter Lettuce Blend

All Entrée Salads are Served with Low Fat Salad Dressing, Oatmeal Raisin Cookie, and Milk



Veggie Salad

Assorted Cheeses,

Sunflower Seeds, & Fresh

Veggies on Sweet Red &

Green Butter Lettuce Blend



Fruit Salad

With Fat Free Yogurt

or

Cottage Cheese

Grill

daily



Hamburger or All Beef Hot Dog or Grilled Chicken Sandwich

Fresh Fruit or Baked Wedge Fries,

Oatmeal Raisin Cookie, Milk

Choice of up to 3 sandwich toppings



Pizza

daily

Pizza Slice

Hand-Stretched Focaccia-Style Crust with Real Mozzarella Cheese & Deluxe Pizza Sauce, approved and chosen by TUSD Student taste test panels!

Pizzas may have various additional toppings, including Pepperoni.

Served as a combo lunch with Fresh Fruit, Side Snack & Milk

(Personal Size Pizzas now on **Wednesdays**)




High School Menu

October-November

Page 3: November 30, 2009
TUSD Food Services Department



Monday November 30th
 Sunrise Selections: Pancake Sandwich (Egg, Cheddar Cheese, & Pork Sausage* on Maple Pancakes) Orange Juice; Milk
Also Available: Bagels & Cream Cheese, Bakery Muffins, Breakfast Bar, Yogurt
Specials & Favorites: Chicken Pasta Alfredo Fresh Fruit or Breadstick Milk
Bean & Cheese Burrito with Spanish Rice Salsa, Fresh Fruit, Milk
Café Sandwich ~~~ PBJ combo Chicken & Cheese Salad Veggie Salad ~ Fruit Salad
Grilled Hamburgers, Chicken & Hot Dogs
Pizza Combo

Make Half your grains Whole



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.

When choosing grain group foods, make it your goal to select whole grains.

But most people need help finding whole grains! Here is a list of some whole grains and ways to add them to your meals and snacks. Treat your taste buds to new flavors and give your body a nutrition boost with a new whole grain each week.

Corn is mostly used as a vegetable dish, but it's truly a whole grain. Try cornbread, corn tortillas, and enjoy some popcorn!

Flaxseed 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.

Barley can be used many ways. Add it to rice dishes and soup. It can also be cooked like hot breakfast cereal - add some fruit for a morning (or snack) treat!

Rye is a grain used to make pumpnickel bread.

Millet is often used in bird seed, but it's a delicious hearty grain for people too! Cook millet and use in recipes as you would rice or oatmeal. Millet flour is also available for baked goods.

Amaranth 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.

Oat grains are one of the most popular whole grains.

TUSD Food Services: Our goal is to provide healthy meals for tomorrow's decision makers.

TUSD Food Services Website -- www.tusd.k12.az.us/contents/depart/food/index.asp
 Your source for menus, wellness policies and nutrition information, and department resources including nutrition education, catering, and healthy recipe ideas for classroom events.

2009-2010 Menu Prices

High School Student Meal (includes Milk)

	Breakfast	Reduced Price	Lunch	Reduced Price
Adult / Unenrolled Student Meal / Enrolled Student* 2nd Meal without Milk	\$ 1.50	\$ 0.25	\$ 2.25	\$ 0.40
Adult / Unenrolled Student Meal / Enrolled Student* 2nd Meal with Milk	\$ 1.75	---	\$ 2.75	---
Adult / Unenrolled Student Meal / Enrolled Student* 2nd Meal with Milk	\$ 2.00	---	\$ 3.00	---

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

Milk Only: \$ 0.30 Cents / Half Pint Carton

Not all stations available at all schools.

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 are only available to high school students due to Arizona State Nutrition Standards.



If you'd like to join the TUSD Food Services Team, please call Food Services Personnel office at 225-4722. You may request to work at a school in your neighborhood.



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Sources for Whole Grains information:

- 1) National Food Service Management Institute. (2005). Nutrition 101: A Taste of Food and Fitness. University, MS:
- Author 2) Bell Institute of Health and Nutrition, 2006 General Mills