

Middle 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, 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 ~



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

Cheeseburger
Beef Patty & Cheddar Cheese on a Wholesome
Multi-Grain Bun with Green Leaf Lettuce & Sliced
Tomato
Fresh Fruit or Baked Fries
Milk

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



~ ... & Favorites ~



Bean & Cheese Burrito
Served 9-21, 10-5, & 10-19; With Spanish
Rice. Hearty pinto beans & real cheddar cheese
wrapped in a flour tortilla.
Cheese Crisp Served 9-28 & 10-12;
with Spanish Rice. Natural Cheddar Cheese in
a Lightly Toasted, Rolled, Flour Tortilla
Salsa, Fresh Fruit, Milk

Meat Ball Sub
Seasoned meatballs & deluxe pizza sauce on a
sub roll with real mozzarella cheese & sprinkled
with Parmesan
Fresh Fruit or Baked Fries
Milk

Pizza
Pizzeria-style personal size pizza with great
Italian flavor and a flaky crust. Topped with
reduced fat pepperoni (beef & pork); cheese only
topping available on request.
Fresh Apple Slices, Baked
Snack Crackers, & Milk

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

Pizza
Pizzeria-style personal size pizza with great
Italian flavor and a flaky crust. Topped with
reduced fat pepperoni (beef & pork); cheese only
topping available on request.
Fresh Apple Slices, Baked
Snack Crackers, & 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



Chicken & Cheese Salad

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



Veggie Salad

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



Fruit Salad



With Fat Free Yogurt
or
Cottage Cheese

Now Available by Popular Request!
Peanut Butter & Jelly Sandwich Lunch Combo



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

Middle 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

Sunrise Sandwich
(Egg, Cheddar Cheese, & Bacon* on English Muffin)
Fresh Fruit; 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, 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 ... ~

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 Chilies & Fresh Diced Tomatoes.
Fresh Fruit
Milk

Cheeseburger
Beef Patty & Cheddar Cheese on a Wholesome Multi-Grain Bun with Green Leaf Lettuce & Sliced Tomato
Fresh Fruit or Baked Fries
Milk

Asian Chicken & Oriental Noodles
all white chicken chunks, breaded & battered with a sweet Asian - style glaze
Pineapple; 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

~ ... & Favorites ~

Bean & Cheese Burrito
Served 10-26, 11-9, 11-23 With Spanish Rice. Hearty pinto beans & real cheddar cheese wrapped in a flour tortilla.
Cheese Crisp Served 11-2, 11-16 with Spanish Rice. Natural Cheddar Cheese in a Lightly Toasted, Rolled, Flour Tortilla
Salsa, Fresh Fruit, Milk




Double Dogs
Fresh Fruit
or Baked Fries
Milk
Hot dogs are made with turkey


Pizza
Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.
Fresh Apple Slices, Baked
Snack Crackers, & Milk


Chicken Taco
with Spanish Rice
& Refried Beans
Fresh Fruit or
Baked Tortilla Chips; Milk



Pizza
Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.
Fresh Apple Slices, Baked
Snack Crackers, & 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

Middle School Menu

October-November

Page 3: November 30, 2009
TUSD Food Services Department



Monday November 30th
 Sunrise Selections: Pancake Sandwich (Egg, Cheddar Cheese, & Sausage* on Maple Pancakes) Orange Juice; Milk (*pork)
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. Hearty pinto beans & real cheddar cheese wrapped in a flour tortilla. Salsa, Fresh Fruit, Milk
Deli Selections: Café Sandwich; PBJ combo Chicken & Cheese Salad Veggie Salad Fruit Salad

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!

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!

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.

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.

Oat grains are one of the most popular whole grains.

Rye is a grain used to make pumpernickel bread.

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

	Breakfast	Reduced Price	Lunch	Reduced Price
Middle School Student Meal (includes Milk)	\$ 1.50	\$ 0.25	\$ 2.25	\$ 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 to Change. Any product may contain peanuts/ peanut oils
Not all stations available at all schools.

Milk Only: \$ 0.30 Cents / Half Pint Carton

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.



In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington DC, 20250-0410, or call 1-202-720-5694 (voice and TTD).

USDA is an equal opportunity employer.

Tucson Unified School District does not discriminate on the basis of race, color, national origin, sex, sexual orientation, age, religion, or disability in admission, or access to, or treatment or employment in, its educational programs or activities. Inquiries concerning Title VI, Title VII, Title IX, Section 504, and The Americans with Disabilities Act may be referred to the EEO Compliance Officer, 101 East 10th Street, Tucson, Arizona, 85719, 1-520-225-6442, or to the Office for Civil Rights, U.S. Department of Education, 1244 Speer Boulevard, Denver, Colorado, 80204.



TUSD Governing Board

Judy Burns, President
Dr. Mark Stegeman, Clerk
Bruce Burke
Miguel Cuevas Adelita Grijalva
Superintendent
Dr. Elizabeth Celia-Fagen

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