ASDB
ARIZONA STATE SCHOOLS for the DEAF and the BLIND

MAY 02-08, 2016

Cycle 4

- **Choice of number 1 OR number 2 entrée**
- **For Lunches and Dinners**

1% **and** fat-free milk offered at every meal—Fat-free chocolate milk will be offered every other day for lunch

Mon 02	Tue 03	Wed 04	Thu 05	Fri 06	Sat 07	Sun 08
Egg, Sausage Bkfst Pizza Cereal Apple slices or Asst. Juice Milk	Pancake Wrap/ syrup Cereal Orange slices or Asst. Juice Milk	Bkfst Quesadilla Cereal Applesauce or Asst. Juice Milk	Pan Dulce Cereal Banana or Asst. Juice Milk	Scrambled Eggs/tortilla Cereal Apple slices or Asst. Juice Milk		
1. Tuna salad on goldfish bread 2. Sloppy Joe (manwich) ww Bun Tater Tots Mixed Vegetables Peaches Milk	1. Homemade Sausage Pizza 2. Cheese Pizza California Vegetables Cinnamon Applesauce Milk	1. Tuna salad on goldfish bread 2. Tomato Soup & Grilled Cheese Sandwich Carrot & Zucchini sticks w/Ranch Pears/Crackers OR Hummus Milk	1. Tuna salad on goldfish bread 2. Fish Tacos w/ Cabo Sauce Spanish Rice/ Refried Beans Chips & Salsa/ Pineapple Milk **CINCO DE MAYO**	1. Tuna salad on goldfish bread 2. Chicken & Waffles w/Syrup (Ck. Tenders & Belgian waffle) Corn/ Mandarin Oranges Brownie Milk	. Tuna salad on goldfish bread 2. Ham & Cheese Sub sandwich Tater Tots Asst. Berries Cup Milk	1. Tuna salad on goldfish bread 2. Cheeseburger ww Bun French Fries Green Beans w/bacon Grapes Milk
1. Hero Sandwich OR 2. Hot Wings Seasoned Curly Fries Green Beans w/bacon Fruit Jello Milk	1. Hero Sandwich OR 2. Grilled Cheese Tomato Soup Spinach Mandarin Orange Salad Apricots Milk	1. Hero Sandwich OR 2. Orange Chicken Fried rice Emperor blend vegetable Fruit Roll Up Milk	1. Hero Sandwich OR 2. Taco's Fiesta Rice Refried Beans Pineapple/Chips & Salsa Milk	1. Hero Sandwich OR 2. Oven Fried Chicken Mashed Potatoes w/Gravy Corn Ice Cream Sandwich Milk	1. Meat Pizza OR 2. Veggie Pizza Broccoli w/ Cheese sauce Applesauce OR Apple Pudding Cup Milk	1. Hero Sandwich OR 2. Italian Beef Rotini Italian Blend Vegetables Garlic Toast Cookie Milk

SALAD BAR

Available during lunch and supper

Salad Bar Items Offered Daily:

Tossed Salad Greens, Carrots, Tomatoes

Offered Throughout The Week:

Broccoli, Cauliflower, Baby Corn, Spinach, Olives, Beets, HB Eggs, Cottage Cheese, Jalapeno or Banana Peppers, Croutons, Turkey Bacon Bits, Cheese, Cucumber, Beans, etc...

Criteria for a meal to be reimbursable:

⇒ **Must have 3 components at breakfast**

⇒ **Must take the fruit or vegetable component (or combination) and 2 other components from 5 different components (food groupings) <u>at lunch</u>**

Breakfast: 6:45-7:45am Monday-Friday

Lunch: 11:30am-1:10pm Monday-Thursday
11:30am-1:00pm Friday

Supper: 4:30-6:00pm Monday-Thursday
4:30-5:30pm Friday

Saturday & Sunday Lunch: 12:15-1:15pm

Saturday & Sunday Supper: 4:45-5:45pm

If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to patricia.franco@asdb.az.gov

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010. For more information, please visit the FNS website: http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm

*****PLEASE NOTE: Items are subject to change based on availability without prior notice*****