



AUGUST

ASDB K-12
BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancake Sausage on a Stick 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	2 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	3 Biscuits & Gravy 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	4 Breakfast Burritos 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	5 Overnight Oats 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
8 Pancakes with Syrup 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	9 Latin Breakfast Bake 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	10 Bacon, Potato & Cheese Frittata Cup with Toast 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	11 Breakfast Pizza 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	12 Skillet Breakfast Scramble with Corn Tortillas 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
15 Pancake Sausage on a Stick 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	16 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	17 Biscuits & Gravy 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	18 Breakfast Street Tacos 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	19 Overnight Oats 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
22 French Toast with Syrup 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	23 Latin Breakfast Bake 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	24 Broccoli & Cheese Frittata Cup with Toast 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	25 Breakfast Pizza 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	26 Skillet Breakfast Scramble with Corn Tortillas 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
29 Pancake Sausage on a Stick 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	30 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	31 Biscuits & Gravy 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk		FRESH PICKS Tomato

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please contact Nutrition Services Coordinator,
Jennifer Dominguez, at 480-459-0236 or jennifer.dominguez@asdb.az.gov

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ELIOR NORTH AMERICA



AUGUST

ASDB PRE-K
BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Summer Break	2 Summer Break	3 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	4 Breakfast Burritos 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	5
8 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	9 Latin Breakfast Bake 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	10 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	11 Breakfast Pizza 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	12
15 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	16 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	17 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	18 Breakfast Street Tacos 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	19
22 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	23 Latin Breakfast Bake 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	24 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	25 Breakfast Pizza 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	26
29 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	30 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	31 Assorted Cereal 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk		

ELIOR NORTH AMERICA



AUGUST

ASDB K-12
LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mac & Cheese 1 serving Baby Carrots ½ c Peas ½ c ALT: Chicken Nuggets w/dinner roll	2 Bean & Cheese Burrito 1 serving Corn ½ c Broccoli ½ c ALT: Cheeseburger	3 Casado Rice Bowl 1 serving Roasted Sweet Potatoes ¾ c Mix Vegetable Blend ¼ c ALT: Hot Dog	4 BBQ Chicken Thigh 1 serving WG Dinner Roll Baked Beans ½ c Mashed Potatoes ½ c ALT: Grilled Cheese	5 Cheese or Pepperoni Pizza 1 serving Garden Salad 1 c Roasted Cauliflower ½ c ALT: Chicken Patty
8 French Toast Sticks with Cheesy Eggs 1 serving Carrots ½ c Tater Tots ½ c ALT: Steak Fingers w/dinner roll	9 Stacked Taco Bake 1 serving Pinto Beans ½ cup Roasted Street Corn ½ c ALT: Fish Sandwich	10 Yakisoba 1 serving Cucumber ¼ c Szechuan Green Beans ½ c ALT: Corn Dog	11 Baked Potato Bar 1 serving Broccoli ½ c Mixed Vegetables ¼ c ALT: Mozzarella Sticks	12 Italian Dunkers 1 serving Garden Salad 1 c Carrots ½ c ALT: Grilled Chicken Patty
15 Cheesy Baked Ziti 1 serving Peas & Carrots ½ c Celery Sticks ½ c ALT: Chicken Nuggets w/dinner roll	16 Taco/Nacho Bar 1 serving Bean & Corn Salad ½ c Tomatoes ½ c ALT: Cheeseburger	17 Cuban Sandwich 1 serving Sweet Potato Fries ½ c Broccoli ½ c ALT: Hot Dog	18 Spaghetti w/ Meatballs 1 serving Peas ½ c Carrots ½ c ALT: Grilled Cheese	19 Veggie & Chicken Flatbread 1 serving Garden Salad 1 c Roasted Zucchini ½ c ALT: Chicken Patty
22 Pancakes with Cheesy Eggs 1 serving Tater Tots ½ c Carrots ¼ c ALT: Steak Fingers w/dinner roll	23 Baja Chicken w/ Cilantro Lime Rice 1 serving Patatas Bravas ½ c Broccoli ¼ c ALT: Fish Sandwich	24 Beijing Chicken w/ Brown Rice 1 serving Roasted Butternut Squash ½ c Mixed Vegetables ¼ c ALT: Corn Dog	25 BBQ Pulled Pork Sandwich 1 serving Baked Beans ½ c Coleslaw ¼ c ALT: Mozzarella Sticks	26 Bagel Pizza 1 serving Garden Salad 1 c Italian Vegetables ¼ c ALT: BBQ Chicken Sandwich
29 Mac & Cheese 1 serving Baby Carrots ½ c Peas ½ c ALT: Chicken Nuggets w/dinner roll	30 Bean & Cheese Burrito 1 serving Corn ½ c Broccoli ½ c ALT: Cheeseburger	31 Casado Rice Bowl 1 serving Roasted Sweet Potatoes ¾ c Mix Vegetable Blend ¼ c ALT: Hot Dog		 Tomato

NUTRITION BAR and ASSORTED MILK

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AUGUST

ASDB PRESCHOOL

LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mac & Cheese 1 serving Peas ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Bean & Cheese Burrito 1 serving Fruit Choice ¼ c Milk 6oz Snack Hummus 1oz Broccoli ¼ c	Chicken Nugget 1 serving Sweet Potato Fries ¼ c Milk 3oz Snack Fruit Choice ¼ c Milk 3oz	Grilled Cheese Sandwich 1 serving Tomato Wedge ¼ c Milk 3oz Snack Fruit Choice ¼ c Milk 3oz	
French Toast Sticks with Cheesy Eggs 1 serving Tater Tots ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Stacked Taco Bake 1 serving 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Yakisoba 1 serving 6oz Milk Snack Hummus 1oz Green Pepper ¼ c	Ham & Cheese Baked Potato 1 serving Steamed Broccoli ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	
Cheesy Baked Ziti 1 serving 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Beef Tachos 1 serving 6oz Milk Snack Fruit Choice ¼ c Graham Crackers	Cuban Sandwich 1 serving Sweet Potato Fries ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Spaghetti w/ Meatballs 1 serving Fruit Choice ¼ c 3oz Milk Snack Veggie Choice ¼ c 3oz Milk	
Pancakes with Cheesy Eggs 1 serving Roasted Carrots ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Baja Chicken Cilantro Lime Rice 1 serving Fruit Choice ¼ c 3oz Milk Snack Veggie Choice ¼ c 3oz Milk	Bagel Pizza 1 serving Broccoli ¼ c 6oz Milk Snack Yogurt 2oz Fruit Choice ¼ c	BBQ Pulled Pork Sandwich 1 serving Baked Beans ¼ c 6oz Milk Snack String Cheese Fruit Choice ¼ c	
Mac & Cheese 1 serving Peas ¼ c 3oz Milk Snack Fruit Choice ¼ c 3oz Milk	Bean & Cheese Burrito 1 serving Fruit Choice ¼ c Milk 6oz Snack Hummus 1oz Broccoli ¼ c	Chicken Nugget 1 serving Sweet Potato Fries ¼ c Milk 3oz Snack Fruit Choice ¼ c Milk 3oz		

K-12 BY EUOR



AUGUST

PDSD K-12
BREAKFAST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Summer Break	2 Summer Break	3 Summer Break	4 Summer Break	5 Summer Break
8 Pancakes with Syrup 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	9 Latin Breakfast Bake 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	10 Bacon, Potato & Cheese Frittata Cup with Toast 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	11 Breakfast Pizza 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	12 Skillet Breakfast Scramble with Corn Tortillas 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
15 Pancake Sausage on a Stick 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	16 Veggie Breakfast Bowl 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	17 Biscuits & Gravy 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	18 Breakfast Street Tacos 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk	19 Overnight Oats 1 serving ½ c Fruit Choice ½ c Juice Choice 1 c milk
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ELIOR NORTH AMERICA



AUGUST

PDSD K-12
LUNCH



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8 French Toast Sticks with Cheesy Eggs 1 serving Carrots ½ c Tater Tots ½ c ALT: Steak Fingers w/dinner roll	9 Stacked Taco Bake 1 serving Pinto Beans ½ cup Roasted Street Corn ½ c ALT: Fish Sandwich	10 Yakisoba 1 serving Cucumber ¼ c Szechuan Green Beans ½ c ALT: Corn Dog	11 Baked Potato Bar 1 serving Broccoli ½ c Mixed Vegetables ¼ c ALT: Mozzarella Sticks	12 Italian Dunkers 1 serving Garden Salad 1 c Carrots ½ c ALT: Grilled Chicken Patty
15 Cheesy Baked Ziti 1 serving Peas & Carrots ½ c Celery Sticks ½ c ALT: Chicken Nuggets w/dinner roll	16 Taco/Nacho Bar 1 serving Bean & Corn Salad ½ c Tomatoes ½ c ALT: Cheeseburger	17 Cuban Sandwich 1 serving Sweet Potato Fries ½ c Broccoli ½ c ALT: Hot Dog	18 Spaghetti w/ Meatballs 1 serving Peas ½ c Carrots ½ c ALT: Grilled Cheese	19 Veggie & Chicken Flatbread 1 serving Garden Salad 1 c Roasted Zucchini ½ c ALT: Chicken Patty
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NUTRITION BAR and ASSORTED MILK

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ELIOR NORTH AMERICA



AUGUST

PDSD PRESCHOOL

LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Summer
Break

Summer
Break

Summer
Break

Summer
Break

**French Toast Sticks
with Cheesy Eggs**

1 serving
Tater Tots ¼ c
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

Stacked Taco Bake

1 serving
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

Yakisoba

1 serving
6oz Milk
Snack
Hummus 1oz
Green Pepper ¼ c

**Ham & Cheese
Baked Potato**

1 serving
Steamed Broccoli ¼ c
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

Cheesy Baked Ziti

1 serving
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

Beef Tachos

1 serving
6oz Milk
Snack
FruitChoice ¼ c
Graham Crackers

Cuban Sandwich

1 serving
Sweet Potato Fries ¼ c
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

**Spaghetti w/
Meatballs**

1 serving
FruitChoice ¼ c
3oz Milk
Snack
Veggie Choice ¼ c
3oz Milk

**Pancakes
with Cheesy Eggs**

1 serving
Roasted Carrots ¼ c
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

**Baja Chicken
Cilantro Lime Rice**

1 serving
FruitChoice ¼ c
3oz Milk
Snack
Veggie Choice ¼ c
3oz Milk

Bagel Pizza

1 serving
Broccoli ¼ c
6oz Milk
Snack
Yogurt 2oz
FruitChoice ¼ c

**BBQ Pulled Pork
Sandwich**

1 serving
Baked Beans ¼ c
6oz Milk
Snack
String Cheese
FruitChoice ¼ c

Mac & Cheese

1 serving
Peas ¼ c
3oz Milk
Snack
FruitChoice ¼ c
3oz Milk

**Bean &
Cheese Burrito**

1 serving
FruitChoice ¼ c
Milk 6oz
Snack
Hummus 1oz
Broccoli ¼ c

Chicken Nugget

1 serving
Sweet Potato Fries ¼ c
Milk 3oz
Snack
FruitChoice ¼ c
Milk 3oz

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