ASDB
ARIZONA STATE SCHOOLS for the DEAF and the BLIND

September 21-27, 2015

Cycle 2

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****

Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26	Sun 27
WG cherry frudel or WW toast Pineapple Orange juice Hard cooked egg Milk	WW breakfast english muffin (e/c/spatty) or WW toast Banana Apple juice Milk	Cream of wheat or WW toast Peaches Orangerine juice Bacon Milk	WG pancake P/T wrap or WG mini maple pancakes Pears Berry juice Milk	WW tortilla or WW toast Mandarin orange sections Fruit punch Scrambled eggs w/ bacon Milk (salsa)		
Chicken patty on WW bun or Breaded fish on WW bun Potato smiles Mandarin orange sections Milk (lettuce/tomato/pickle slices/onion slices/tartar sauce)	Beef fajita or WG bean & cheese burrito Refried beans Corn Seasonal fruit Milk (lettuce/salsa)	Teriyaki chicken or Orange chicken Emperor's blend vegetables Steamed brown rice Fruit mix Fortune cookie Milk	Sloppy joe on WW bun or Smucker's PBJ sandwich Sweet potato fries Coleslaw Seasonal fruit Milk	Baked (B/L) chicken crunchy onion or Veggieburger Caesar salad Glazed carrot coins WW dinner roll Fruit mix Milk	Korean garlic chili chicken Fried rice Emperor's blend vegetables Fortune cookie Milk	Corndog Baked beans Potato salad Fruit roll-up Milk
Baked pasta (ala ziti) Green beans WG garlic breadstick Strawberry ice cream Milk	Beef teriyaki Steamed rice Emperor's blend vegetables Fortune cookie Milk	Soft or crispy taco Seasoned pinto beans Mexicali corn Milk Frozen novelty (lettuce/cheese/salsa)	Lasagna cheese rolls Italian blend vegetables WG garlic breadstick Peaches Milk	Bean & cheese burrito Spanish rice Calabasitas Fruit gushers Milk (lettuce/salsa)	DD WG pepperoni pizza or DD WG cheese pizza Broccoli w/ cheese sauce Sherbet Milk	Chicken eggroll Fried rice Oriental coleslaw Fortune cookie Milk

SALAD BAR

available during lunch and supper

- 1% **and** fat-free milk offered at every meal
- fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- fat-free strawberry milk may be offered occasionally

Criteria for a meal to be reimbursable:

⇒ **Must have 3 components (one component must be fruit or vegetable) *at breakfast***

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

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 jeanne.foster@asdb.az.gov

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).