



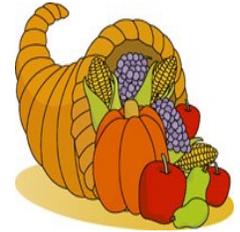
November 16-22, 2015

Cycle 3

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 16	Tue 17	Wed 18	Thu 19	Fri 20	Sat 21	Sun 22
WG banana loaf or WG coffee cake Pineapple Orange juice Berry greek yogurt Milk	WW bagel or WW toast Banana Apple juice Hard cooked egg Milk <small>(cream cheese)</small>	Fidel's fixin's Call in for menu 520.770.3696	WG froot loops cereal or WW toast Pears Berry juice Raspeach yogurt Milk	Fidel's fixin's Call in for menu 520.770.3696		
Orange chicken or Teriyaki beef Emperor blend vegetables Steamed brown Sidekicks BR/L Milk	WW cheese crisp Seasoned pinto beans Corn Seasonal fruit Milk <small>(lettuce/salsa)</small>	Fidel's fixin's Call in for menu 520.770.3696	<i>Thanksgiving luncheon</i> Turkey roast with gravy Mashed potatoes (ltd) Green beans casserole WW dinner roll Pumpkin pie Milk/Punch <small>(cranberry sauce/margarine pat)</small>	Fidel's fixin's Call in for menu 520.770.3696		
Chili dog on bun or Hamburger on bun Chili fries w/ cheese sauce Mixed vegetables Cookie Milk	Dee's Dishes Call in for menu 520.770.3696	WG sea shape fish nuggets or WG breaded shrimp popper Seasoned twister fries Corn on the cob Ice cream sandwich Milk	Dee's Dishes Call in for menu 520.770.3696	~ Have a safe break week ~ Happy Thanksgiving!!		<i>November 29, 2015</i> Dee's Dishes Call in for menu 520.770.3696



- ◇ 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 and 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 Supper: 4:30-6:00pm Monday-Thursday
 11:30am-1:00pm Friday 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).