



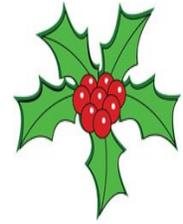
November 30-December 6, 2015

Cycle 4

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>



some menu suggestions by Manananta

****Please note: Items are subject to change based on availability without prior notice****

Mon 30	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6
WW english muffin or WW toast Mango chunks (fr) Orange juice Scrambled eggs Bacon Milk	WG apple jacks or WG breakfast bar Seasonal fruit Apple juice Scrambled egg with bacon Milk	WW tortilla or WW toast Tropical fruit mix Orangerine or grape juice Scrambled eggs with chorizo Milk (salsa)	MG frosted flakes or WW bagel Strawberries (fr) Berry juice Raspeach yogurt (GF) Milk (cream cheese)	WW ECS english muffin or Breakfast bar (hc) Seasonal fruit Fruit punch Milk		
Mandarin orange chicken or Korean garlic chili chicken Emperor blend vegetables Steamed brown Pineapple Milk	Hot wings or chicken nuggets Twister fries Carrots & celery sticks Applesauce cup Milk	WG 5I DD cheese pizza or WG 5I DD pepperoni pizza Carrot coins Seasonal fruit Milk	Meatball WW sub or hotdog on WW bun Caesar salad Green beans Fruit salad Milk	Ham & cheese or Veggie croissant Baked beans Sweet potato fries Seasonal fruit Vanilla pudding Milk	Bean and cheese burrito or BBQ chicken drumstick Potato fries Berries cup (fr) Milk	Hotdog on bun Fries w/chili con carne & cheese sauce Corn Sidekicks Milk
Baked pasta Green beans WG garlic toast Snap peas Cookie Milk	Cheeseburger Macaroni cheese Mixed vegetables Ice cream Milk	Oven fried chicken Oven fried potatoes Broccoli w/ cheese sauce Fruit rollup (SP) Milk	Hot wings Twister fries Green beans Fruit gel-o Milk	Orange chicken Steamed rice Broccoli w/ cheese sauce Emperor's blend vegetables Cookie Milk	WG Pizza Baked potato <small>(sour cream/margarine/bacon bits/scallions)</small> Seasonal fruit Ice cream sandwich Milk	Taco Spanish rice Refried beans Brownie Milk <small>(lettuce/cheese/salsa)</small>



- ◇ 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).