



### Mondays

January 9, 23, & 30

### Tuesdays

January 3, 10, 17, 24 & 31

### Wednesdays

January 4, 11, 18, 25, & Feb. 1

### Thursdays

January 5, 12, 19, 26 & Feb. 2

### Fridays

January 5, 13, 20, 27 & Feb. 3

## Sunrise Selections

### Cheese Omelet &

Whole Grain Bread

Choose 2 of the following:

Fresh Fruit, Orange Juice, Milk

### Concha Bread &

Low Fat Pork Breakfast Sausage

Choose 2 of the following:

Fresh Fruit, Orange Juice, Milk

### Breakfast Burrito &

Hash Browned Potatoes

Choose 2 of the following:

Fresh Fruit, Orange Juice, Milk

### Sunrise Sandwich

Egg, Bacon\* & Cheddar Cheese (\*pork)

Choose 2 of the following:

Fresh Fruit, Orange Juice, Milk

### Whole Grain Cinnamon Rolls

with String Cheese or Yogurt

Choose 2 of the following:

Fresh Fruit, Orange Juice, Milk

Bagel & Cream Cheese (and/or String Cheese), Breakfast Bar, Concha Bread, Bakery Style or English Muffins with Yogurt or String Cheese\* also available daily as breakfast entrees. (\*or low fat pork breakfast sausage if featured on daily menu)

## Specials & Favorites

### Whole Grain Spaghetti Pasta & Beef Meatballs in Italian-Seasoned Tomato Sauce

Served with A Whole Grain Roll

### Italian Beef Sandwich

Lean sliced beef seasoned with herbs, garlic, and fresh veggies; served on a whole grain sub roll.

With choice of baked chips

### Nacho Grande

Shredded Beef "Barbacoa", tomatoes, green chilies, cheddar cheese sauce served over Baked Corn Tortilla Chips

### Curry Chicken

All white chicken chunks sautéed with green peppers, onions, mushrooms and seasoned with spicy-sweet curry powder on Whole Grain Brown Rice.

### Lime Pepper Chicken Sub

All White Chicken Strips in a Zesty Breading on a Whole Grain Sub Roll. With Ranch, Mayo or BBQ Sauce; Choice of Baked Chips

### Bean & Cheese Burrito

Served Daily

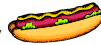
Hearty & Healthy Pinto Beans & Real Cheddar Cheese in an enriched flour tortilla Served with Southwestern Whole Grain Rice & Pinto Beans; Salsa



### Grill

Served Daily

**Hamburger, Grilled Chicken Sandwich or All Beef Hot Dog**  
Choice of up to 3 sandwich toppings



### Pizza

Served Daily

**Pizza Slice:** Hand-Stretched Focaccia-Style Crust with Real Mozzarella Cheese & Deluxe Pizza Sauce. Pizzas may have various additional toppings, including Pepperoni. (Personal Size Pizzas served on **Wednesdays**)



### Italian Calzones

Served Daily:

Real Mozzarella, Parmesan, & Ricotta Cheeses, Basil & Oregano, in a fresh baked Savory Crust; Available also with Pepperoni. Deluxe Pizza Dipping Sauce



### Italian Stromboli

Served Daily:

Real Mozzarella, Provolone & Parmesan Cheese, in a fresh baked, Savory Crust; With Fresh Peppers & Onions, Herbs, and Black Olives and Deluxe Pizza Dipping Sauce.

Available also with Ham (pork).



### Café Sandwich

Your choice of lean deli meats and/or cheese on a Whole Wheat Sub Roll or Whole Wheat Bread with Lettuce & Tomato; Also Available Peanut Butter & Jelly Sandwich on Whole Wheat. Sandwiches include a choice of baked chips



### Chicken Club Salad

Flavorful Breaded Chicken Tenders, Bacon Bits, Shredded Cheddar Cheese, Diced Tomatoes, & Shredded Carrots on Sweet Butter Lettuce Greens; Served with a Flaky Whole Grain Biscuit & Lite Ranch Dressing



### Deli daily

### Chicken Entrée Salad

All White Chicken Strips, Assorted Cheeses, & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing. Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.



### Veggie Salad

Assorted Cheeses, Sunflower seeds, and & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing, Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.



### Fruit Salad

with Fat Free Yogurt Or Cottage Cheese with Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie



## Side Items Featuring Fruits & Vegetables. Available at All Menu Stations. Choose 2 or 3 different sides of the Options listed Below.

### Mondays

Steamed Broccoli

Butternut Squash

Fresh Fruit

Assorted Fruit(s) or Apple Slices

Tossed Butter Lettuce Side Salad

Fresh Veggie Dipper

Milk

### Tuesdays

Oven Baked French Fries

Provence Veggie Blend

Broccoli-carrots-green beans-red & yellow peppers

Fresh Fruit

Assorted Fruit(s) or Apple Slices

Tossed Butter Lettuce Side Salad

Fresh Veggie Dipper

Milk

### Wednesdays

Baby Carrots & Ranch Dip

Refried Beans

Fresh Fruit

Assorted Fruit(s) or Apple Slices

Tossed Butter Lettuce Side Salad

Fresh Veggie Dipper

Milk

### Thursdays

Stir Fry Vegetables

Crispy Kale

Fresh Fruit

Assorted Fruit(s) or Apple Slices

Tossed Butter Lettuce Side Salad

Fresh Veggie Dipper

Milk

### Fridays

Baked Sweet Potato Wedges

Edamame Veggie Mix

edamame-corn-red peppers in seasoned sauce

Fresh Fruit incl. Waldorf Salad

Assorted Fruit(s) or Apple Slices

Tossed Butter Lettuce Side Salad

Fresh Veggie Dipper

Milk

**Mondays**

February 6, 13, 20, 27 & March 5

**Tuesdays**

February 7, 14, 21, 28; & March 6

**Wednesdays**

February 8, 15, 22, 29; March 7

**Thursdays**

February 9, 16; & March 1, 8

**Fridays**

February 10, 17; & March 2, 9

## Sunrise Selections

**French Toast** & Syrup, with  
Low Fat Pork Breakfast Sausage  
Choose 2 of the following:  
Fresh Fruit, Orange Juice, Milk

**Scrambled Eggs, Hash Browns**  
& Whole Grain Bread  
Choose 2 of the following:  
Fresh Fruit, Orange Juice, Milk

**Pancake Sandwich**  
Egg, Low Fat Pork Breakfast Sausage & Cheddar  
Choose 2 of the following:  
Fresh Fruit, Orange Juice, Milk

**Belgian Waffles & Syrup**  
with Yogurt or String Cheese  
Choose 2 of the following:  
Fresh Fruit, Orange Juice, Milk

**Mini Potato Pancakes**  
& Low Fat Pork Breakfast Sausage  
Choose 2 of the following:  
Fresh Fruit, Orange Juice, Milk

Bagel & Cream Cheese (and/or String Cheese), Breakfast Bar, Concha Bread, Bakery Style or English Muffins with Yogurt or String Cheese\* also available daily as breakfast entrees. (\*or low fat pork breakfast sausage if featured on daily menu)

## Specials & Favorites

**Chicken Pasta Alfredo**  
All white chicken in a creamy parmesan alfredo sauce over Whole Grain Pasta. Served with a Whole Grain Roll

**Savory Beef & Gravy**  
Lean Sliced Beef, Onions, Mushrooms, and Herbs in a rich beef gravy. Served over Whole Grain Pasta

**Chicken Parmesan Sandwich**  
Breaded Chicken Patty With Provolone & Parmesan Cheese and Italian Seasoned Tomato Sauce. on a Whole Wheat Bun. Choice of Baked Chips

**Orange Chicken**  
Roasted Chicken in a Zesty Orange Glaze. Served with Whole Grain 'Fried' Rice

**Shredded Beef Enchiladas**  
Served with Seasoned Whole Grain Rice

**Bean & Cheese Burrito**  
Served Daily  
Hearty & Healthy Pinto Beans & Real Cheddar Cheese in an enriched flour tortilla Served with Southwestern Whole Grain Rice & Pinto Beans; Salsa



**Grill**  
Served Daily  
**Hamburger,**  
**All Beef Hot Dog or Grilled Chicken Sandwich**  
Choice of up to 3 sandwich toppings



**Pizza**  
Served Daily  
**Pizza Slice:** Hand-Stretched Focaccia-Style Crust with Real Mozzarella Cheese & Deluxe Pizza Sauce. Pizzas may have various additional toppings, including Pepperoni (pork & beef). Personal Size Pizzas served on **Wednesdays**



**Italian Calzones**  
Served Daily:  
Real Mozzarella, Parmesan, & Ricotta Cheeses, Basil & Oregano, in a fresh baked, Savory Crust; Available also with Pepperoni (pork & beef). Deluxe Pizza Dipping Sauce



**Italian Stromboli**  
Served Daily:  
Real Mozzarella, Provolone & Parmesan Cheese, in a fresh baked, Savory Crust; With Fresh Peppers & Onions, Herbs, and Black Olives and Deluxe Pizza Dipping Sauce. Available also with Ham (pork).



**Café Sandwich**  
Your choice of lean deli meats and/or cheese on a Whole Wheat Sub Roll or Whole Wheat Bread with Lettuce & Tomato; Also Available Peanut Butter & Jelly Sandwich on Whole Wheat. Sandwiches include a choice of baked chips



**Chicken Taco Salad**  
Seasoned, all white Chicken Strips, Shredded Cheddar Cheese, Diced fresh Tomatoes & Green Chilies, Golden Corn, and Black Beans on Sweet Butter Lettuce Greens; Served Baked Tortilla Chips & Low Fat Ranch Dressing



**Deli daily**  
**Chicken Entrée Salad**  
All White Chicken Strips, Assorted Cheeses, & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing. Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.



**Veggie Salad**  
Assorted Cheeses, Sunflower seeds, and & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing, Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.



**Fruit Salad**  
with Fat Free Yogurt Or Cottage Cheese with Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie



## Side Items Featuring Fruits & Vegetables. Available at All Menu Stations. Choose 2 or 3 different sides of the Options listed Below.

**Mondays**

Italian Tuscan Veggie Mix  
Baby Carrots & Ranch Dip  
Fresh Fruit  
Assorted Fruit(s) or Apple Slices  
Tossed Butter Lettuce Side Salad  
Fresh Veggie Dipper  
Milk

**Tuesdays**

Oven Baked French Fries  
California Veggies  
Fresh Fruit  
Assorted Fruit(s) or Apple Slices  
Tossed Butter Lettuce Side Salad  
Fresh Veggie Dipper  
Milk

**Wednesdays**

Corn & Red Pepper Blend  
Ranch Style Beans  
Fresh Fruit  
Assorted Fruit(s) or Apple Slices  
Tossed Butter Lettuce Side Salad  
Fresh Veggie Dipper  
Milk

**Thursdays**

Fresh Broccoli Salad  
Stir-Fry Vegetables  
Fresh Fruit  
Assorted Fruit(s) or Apple Slices  
Tossed Butter Lettuce Side Salad  
Fresh Veggie Dipper  
Milk

**Fridays**

Zucchini & Yellow Squash with Cheese  
Baked Sweet Potato Wedges  
Fresh Fruit  
Assorted Fruit(s) or Apple Slices  
Tossed Butter Lettuce Side Salad  
Fresh Veggie Dipper  
Milk

# TUSD High School Menu

January-February 2012  
TUSD Food Services Department

## Winter Squash



Winter Squash is in season and there are many reasons to enjoy this delicious food! There are many kinds of winter squash to choose from. Familiar varieties include Acorn, Butternut, and Spaghetti Squash as well as Pumpkins.

Squash is botanically a fruit, because it comes from a flowering plant. We usually consider squash a vegetable on the dinner table, though, because it's often a savory side dish instead of a sweet dessert.

Many varieties of Winter Squash are **orange** Vegetables, and, like carrots, is high in vitamin A. Vitamin A is essential for good skin and eyes. This vitamin also helps fight infections. A half cup of baked butternut squash contains 11,434 International Units of Vitamin A.

But squash can be used in many semi- and very sweet dishes too, including pumpkin pie. Squash is an excellent substitute for added fats and added in many baked goods due to the texture and naturally sweet flavor of this food. See pumpkin recipe at right!



### Spaghetti Squash

Carefully cut a spaghetti squash in half. Scoop out the seeds. Place in a shallow baking dish with a little bit of water. Bake at 350F for 45 to 60 minutes or until tender. Allow squash to sit until warm/cool and not too hot to work with.

Use a fork to gently scrape the sides of the squash to form "spaghetti" like strands. Place spaghetti squash on a plate and top with your favorite pasta topping!

Pre 1 Cup: 42 calories, 1 gram protein, 0 g. fat.

TUSD Food Services Website: [www.tusd1.org/contents/depart/food/index.asp](http://www.tusd1.org/contents/depart/food/index.asp)

Your source for school menus, wellness policies and nutrition information, and department resources including nutrition education, catering, and healthy recipe ideas for classroom events.

TUSD Food Services: Our goal is to provide healthy meals for tomorrow's decision makers.

### Butternut Squash

Makes 10 Half Cup Servings  
TUSD Food Services

#### Ingredients

Butternut Squash	1-1/2 pounds
Cinnamon	1/4 teaspoons
Butter Substitute	1 Tablespoon

Carefully peel the squash, take out the seeds, and cut into cubes. Sprinkle with cinnamon and butter substitute. Spray a pan with cooking spray. Place squash in prepared pan and roast at 350F in the oven for 15 to 20 minutes or until tender. Stir and enjoy!

Nutritional Analysis per serving: Calories 61, Protein 2 g., Carbohydrates 15 g., Fat 0 g. Vitamin A 11434 IU.

### Too Easy Pumpkin Muffins

food.com

#### Ingredients

1 box (18 oz) yellow cake mix  
1 can (15 oz) solid pack pumpkin (not pie filling)  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground cloves

Put ingredients into a bowl. Stir until mixed. You do not need to add any liquid-keep stirring - it will be wonderful! Drop spoonfuls into lightly greased or sprayed muffin pans or foil muffin cups, to about 1/3 full. Bake at 350F for 19 to 23 minutes or until a toothpick comes out clean from the middle. Makes about 18 muffins. 129 calories, 1.5 gram protein, 24 grams carbohydrate, 3.3 grams fat

### 2011-2012 Menu Prices

	Breakfast	Reduced Price	Lunch	Reduced Price
<b>High School Student Meal (includes Milk)</b>	\$ 1.50	\$ 0.25	\$ 2.35	\$ 0.40
Adult / Unenrolled Student Meal Without Milk	\$ 1.75	---	\$ 2.75	---
Adult / Unenrolled Student Meal With Milk	\$ 2.00	---	\$ 3.00	---

Menu Is Subject to Change. Any product may contain peanuts/ peanut oils.

Not all stations available at all schools.

Please note: Adults may easily set up an **advance pay account** for meals & food purchases, but cannot use their child's account to pay for a meal due to federal meal program regulations.

\*Second meal purchases are only available to high school students due to Arizona State Nutrition Standards.

Milk Only: \$ 0.30 Cents / Half Pint Carton



[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Tips for Healthy Food Choices

#### TUSD Governing Board

Miguel Cuevas, President  
Adelita S. Grijalva  
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