

# TUSD Kindergarten-6th, 7th, & 8th Grade School Menu



February 2012  
TUSD Food Services Department

	Monday	Tuesday	Wednesday	Thursday	Friday
5 Good Morning!	<b>January-30</b> <b>Sweet Potato Pancakes</b> with Syrup & Low Fat Pork Breakfast Sausage Choose 2 of the following: Applesauce; Orange Juice; Milk	<b>January-31</b> <b>Scrambled Eggs with Shredded Cheese &amp; Whole Grain Tortilla;</b> Salsa Choose 2 of the following: Fresh Apple Slices; Orange Juice; Milk	<b>February-1</b> <b>Wheat Bagel &amp; Cream Cheese</b> (or jelly) and/or String Cheese Choose 2 of the following: Pineapple; Orange Juice; Milk	<b>February-2</b> <b>Whole Grain Cinnamon Rolls &amp; Low Fat String Cheese</b> Choose 2 of the following: Fresh Fruit; Orange Juice; Milk	<b>February-3</b> <b>Pancake Sandwich</b> (Egg, Cheddar Cheese, Lite pork Sausage) Choose 2 of the following: Peaches; Orange Juice; Milk
Whole Grain Breakfast Bar served with Fruit Yogurt is available daily as a breakfast entrée choice.					
REG	<b>Orange Roast Chicken</b> with Rice Pilaf  <b>Italian Stromboli</b> A warm, Italian Style 'Wrap' with cheese & veggie filling Choose 2 or 3 of the following: Cherry Tomatoes & Celery Sticks California Mix Veggies Tropical Fruit (or Apricot Cups) Milk	<b>Chicken Alfredo on Whole Grain Pasta</b>  <b>Ham* &amp; Cheddar Cheese Sandwich</b> on Whole Wheat Bread with Lettuce & Tomato *pork	<b>Grilled Cheese Sandwich</b>  <b>Pizza Salad</b> Shredded Mozzarella, Parmesan Cheese, Pepperoni (pork), & Black Olives on Butter Lettuce with Flatbread and lite Italian Dressing Choose 2 or 3 of the following: Baked Beans Sweet Butter Lettuce Salad & Tomato Fresh Apple Slices Milk	<b>Pizza Slice</b> (Pepperoni & Cheese or just cheese)  <b>Shredded Beef BBQ* Sandwich</b> on Whole Wheat Bun *BBQ sauce is on the side Choose 2 or 3 of the following: Fresh Zucchini Coins & Ranch Dip Steamed Broccoli Florets Fresh Fruit Milk	<b>Savory Beef &amp; Gravy with Veggies</b> on Whole Grain Linguini Pasta  <b>Turkey Sandwich</b> On Whole Wheat Bread with lettuce & Tomato Choose 2 or 3 of the following: Stir Fry Veggies Baby Carrots & Ranch Dip Pineapple Milk Chocolate Frozen Yogurt
LX					
Sides					
1 Good Morning!	<b>February-6</b> <b>Breakfast Burrito &amp; Salsa</b> (Scrambled Egg & Low Fat Cheese filling) Choose 2 of the following: Pineapple; Orange Juice; Milk	<b>February-7</b> <b>Cheddar Cheese Omelet &amp; Whole Grain Bread</b> Choose 2 of the following: Applesauce; Orange Juice; Milk	<b>February-8</b> <b>Wheat Bagel &amp; Cream Cheese</b> (or jelly) and/or String Cheese Choose 2 of the following: Fresh Apple Slices; Orange Juice; Milk	<b>February-9</b> <b>Belgian Waffle with Syrup &amp; Low Fat Pork Breakfast Sausage</b> Choose 2 of the following: Fresh Fruit; Orange Juice; Milk	<b>February-10</b> <b>Sunrise Sandwich</b> (Egg, Cheddar Cheese, Ham (Pork)) Choose 2 of the following: Tropical Fruit (or Apricot Cups) Orange Juice; Milk
Whole Grain Breakfast Bar served with Fruit Yogurt is available daily as a breakfast entrée choice.					
REG	<b>Ravioli &amp; Wheat Roll</b>  <b>Breaded Chicken Tenders with Wheat Roll</b> Choose 2 or 3 of the following: Italian Tuscan Blend Veggies Fresh Broccoli Salad Fruit Cocktail (or Pears) Milk	<b>Baked Chicken &amp; Wheat Roll</b>  <b>Turkey Sandwich</b> On Whole Wheat Bread with Lettuce & Tomato Choose 2 or 3 of the following: Fresh Spinach Salad Mashed Potatoes & Gravy Fresh Fruit Milk	<b>Cheddar Cheese Crisp</b> made with whole grain tortilla  <b>Chicken Club Salad &amp; Wheat Roll</b> Breaded All-White Chicken on Butter Lettuce, Tomatoes, Bacon bits (pork), Shredded Cheese & Carrots Choose 2 or 3 of the following: Sweet Butter Lettuce Salad & Tomato Salsa Fresh Fruit Milk	<b>Pizza Slice</b> (Pepperoni & Cheese or just cheese)  <b>Beef &amp; Bean Burrito</b> Choose 2 or 3 of the following: Baby Carrots & Ranch Dip Salsa Waldorf Salad (see note on page 2!) Milk	<b>Shredded Beef Soft Taco</b>  <b>Grilled Chicken Sandwich</b> with side of BBQ Sauce Choose 2 or 3 of the following: Refried Beans Salsa with Diced Tomatoes & Lettuce Pineapple Milk
LX					
Sides					
2 Good Morning!	<b>February-13</b> <b>French Toast &amp; Syrup</b> with Low Fat Pork Breakfast Sausage Choose 2 of the following: Peaches; Orange Juice; Milk	<b>February-14</b> <b>Fluffy Scrambled Eggs &amp; Hash Browned Potatoes</b> Choose 2 of the following: Fresh Apple Slices; Orange Juice; Milk	<b>February-15</b> <b>Blueberry Muffin &amp; Fruit Yogurt</b> Choose 2 of the following: Fresh Banana; Orange Juice; Milk	<b>February-16</b> <b>Whole Grain Cinnamon Rolls &amp; Low Fat String Cheese</b> Choose 2 of the following: Fresh Fruit; Orange Juice; Milk	<b>February-17</b> <b>Mini Potato Pancakes &amp; Low Fat Pork Breakfast Sausage</b> Choose 2 of the following: Applesauce; Orange Juice; Milk
Whole Grain Breakfast Bar served with Fruit Yogurt is available daily as a breakfast entrée choice.					
REG	<b>Whole Grain Spaghetti with Beef Meatballs in Italian Sauce</b>  <b>Chicken Patty</b> on Whole Wheat Bun Choose 2 or 3 of the following: Provence Blend Vegetables Romaine Lettuce Salad & Tomato Lettuce & Tomato Slices Tropical Fruit (or Apricots) Milk	<b>Asian Chicken &amp; Brown 'Fried' Rice</b>  <b>Ham* &amp; Cheddar Cheese Sandwich</b> on Whole Wheat Bread with Lettuce & Tomato *pork Choose 2 or 3 of the following: Stir Fry Vegetables Butternut Squash with Cinnamon Fresh Fruit Milk	<b>Pork Smokies &amp; Whole Grain Tortilla</b>  <b>Crispy Chicken Salad &amp; Wheat Roll</b> Breaded All-White Chicken on Butter Lettuce, Tomatoes, Cheese, Carrots, Oat Cookie Choose 2 or 3 of the following: Western Ranch Style Beans Sweet Butter Lettuce Salad & Tomato Fresh Apple Slices Milk	<b>Pizza Slice</b> (Pepperoni & Cheese or just cheese)  <b>Hot Dog*</b> on Whole Wheat Bun (*turkey) Choose 2 or 3 of the following: Crispy Kale Provence Blend Vegetables Fresh Fruit Milk	<b>Italian Beef Sandwich</b> lean beef seasoned with Italian herbs, garlic, and fresh veggies  <b>Bean &amp; Cheese Burrito</b> Choose 2 or 3 of the following: Corn & Red Peppers Salsa Baby Carrots & Ranch Dip Fruit Cocktail (or Pears) Milk
LX					
Sides					

Peanut Butter Jelly Sandwich on Whole Grain Bread and Whole Grain Biscuit with Fruit Yogurt Available Daily as additional Lunch Entree choices. A second choice of fruit is available at lunch daily.

	Monday February-20	Tuesday February-21	Wednesday February-22	Thursday February 23 & 24: Rodeo Weekend Cowboy Cookin'	Friday
Good Morning! 3	<b>Whole Grain Pancakes</b> & Syrup Served with Fluffy Scrambled Eggs Choose 2 of the following: Applesauce; Orange Juice; Milk <i>Whole Grain Breakfast Bar served with Fruit Yogurt is available daily as a breakfast entrée choice.</i>	<b>Belgian Waffle</b> with Syrup & Low Fat Pork Breakfast Sausage Choose 2 of the following: Tropical Fruit (or Apricots); OJ; Milk	<b>Wheat Bagel</b> & Cream Cheese (or jelly) and/or String Cheese Choose 2 of the following: Fresh Apple Slices; Orange Juice; Milk	 <p>Smart Cowboys <b>and</b> Cowgirls have always known they won't get far on a long day's ride or doing chores on the ranch without healthy meals to keep them going! Back in 1866 the "Chuck wagon" was invented by Charles Goodnight, and, according to <u>The Arizona Territory Cookbook</u>, this rolling kitchen was "a miracle of utility with shelves and drawers for storing everything" the camp's cook needed.</p> <p>A good camp cook, although often with a reputation of being just 'plain mean', had the utmost respect of those he/she cooked for. A ranch's success depended on the strength, health, and energy of the ranch hands; a cook often earned twice as much!</p>	
REG	<b>Chicken Taco</b> with Shredded Cheddar Cheese & Whole Grain Tortilla	<b>Shredded Beef BBQ* Sandwich</b> on Whole Wheat Bun *BBQ sauce is on the side	<b>Chicken Patty</b> on Whole Wheat Bun		Beef, beans, and sourdough breads were the main foodstuffs on the trail. Other foods include whole grains (rye, wheat, oats, barley), eggs, ham, cheese, fish, winter squash, sweet potatoes, corn, apples, lemons and various dried fruits (including raisins and peaches). <a href="http://www.foodtimeline.org">www.foodtimeline.org</a> Think about where these fit on MyPlate!
LX	<b>Hamburger or Cheeseburger on Whole Wheat Bun</b> Choose 2 or 3 of the following: Western Ranch Style Beans Santa Fe Blend Veggies Salsa; Lettuce & Tomato Pineapple; Milk	<b>Turkey &amp; Cheddar Cheese Sandwich</b> On Whole Wheat Bread with Lettuce & Tomato Choose 2 or 3 of the following: Cherry Tomatoes & Celery Sticks Fresh Broccoli Salad Apple Slices Milk Frozen Fudgy Pop (fat free)	<b>Beef Taco Salad</b> Shredded Beef & Cheddar on Butter Lettuce, Green Chilies, Corn, Black Beans, Tomatoes & Baked Tortilla Chips Choose 2 or 3 of the following: Baby Carrots & Ranch Dip Sweet Butter Lettuce Salad & Tomato Fresh Fruit Milk		<p><b>The Arizona Territory Cookbook</b>, this rolling kitchen was "a miracle of utility with shelves and drawers for storing everything" the camp's cook needed.</p> <p>A <b>Dutch Oven</b>, a shallow or deep, heavy cast iron pot with stubby legs, a bail, and lid, was a common tool for preparing just about anything, from stew to bread, roasts to biscuits, and even desserts like Apple Pie.</p>
Sides					
Good Morning! 4	<b>Blueberry Muffin &amp; Low Fat String Cheese</b> Choose 2 of the following: Tropical Fruit (or Apricot Cups) Orange Juice; Milk	<b>French Toast &amp; Syrup with Low Fat Pork Breakfast Sausage</b> Choose 2 of the following: Peaches; Orange Juice; Milk <i>Whole Grain Breakfast Bar served with Fruit Yogurt is available daily as a breakfast entrée choice.</i>	<b>Pancake Sandwich</b> (Egg, Cheddar Cheese, Lite pork Sausage) Choose 2 of the following: Fresh Apple Slices; Orange Juice; Milk	<b>Breakfast Burrito &amp; Salsa</b> (Scrambled Egg & Low Fat Cheese filling) Choose 2 of the following: Fresh Fruit; Orange Juice; Milk	<b>Mini Potato Pancakes &amp; Low Fat Pork Breakfast Sausage</b> Choose 2 of the following: Applesauce; Orange Juice; Milk
REG	<b>Ravioli &amp; Wheat Roll</b>	<b>Baked Chicken &amp; Wheat Roll</b>	<b>Hamburger or Cheeseburger</b> on Whole Wheat Bun	<b>Pizza Slice</b> (Pepperoni & Cheese or just cheese)	<b>Nacho Grande</b> Shredded Seasoned Beef, Cheddar Cheese Sauce; Baked Corn Tortilla Chips
LX	<b>Hot Dog* on a Whole Wheat Bun</b> *made with turkey Choose 2 or 3 of the following: Baby Carrots & Ranch Dip Steamed Broccoli Florets Pineapple Milk	<b>Ham* &amp; Cheddar Cheese Sandwich</b> on Whole Wheat Bread with Lettuce & Tomato *pork Choose 2 or 3 of the following: Sweet Potato Wedges California Mix Veggies Fresh Fruit Milk	<b>Asian Chicken Salad</b> on Butter Lettuce, Waterchestnuts, Pineapple, Snow Peas & Carrots; Whole Grain Snack Mix Choose 2 or 3 of the following: Golden Corn Lettuce & Tomato Sweet Butter Lettuce Salad & Tomato Fresh Fruit Milk	<b>Chicken Patty Sandwich</b> on a Whole Wheat Bun Choose 2 or 3 of the following: Carrot & Raisin Salad Romaine Lettuce Salad & Tomato Lettuce & Tomato Slices Fresh Fruit Milk	<b>Cheese Crisp</b> with Whole Grain Tortilla Choose 2 or 3 of the following: Diced Tomatoes, Green Chilies, & Salsa Western Ranch Style Beans Peaches Milk

TUSD Food Services: Our goal is to provide healthy meals for tomorrow's decision makers. [www.tusd1.org/contents/depart/food/index.asp](http://www.tusd1.org/contents/depart/food/index.asp)

**2011-2012 Menu Prices**

	Breakfast	Reduced Price	Lunch	Reduced Price
<b>Pre-K to 5th Grade: Elementary Student Meal (Includes Milk)</b>	\$ 1.25	\$ 0.25	\$ 1.85	\$ 0.40
<b>6-7-8th Grade students in K-8 Schools (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	---

Entrée Salads are available daily for 6th, 7th, & 8th Grade Students  
Portions may be adjusted for different grade levels based on nutrient need.

Please note: Adults may easily set up an **Advance Pay Account** for meals & food purchases, but may not use their child's account to pay for a meal due to Federal Meal Program regulations.

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

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



**Did you know? Waldorf Salad** was first served at the famous New York Waldorf-Astoria Hotel in 1896. The original recipe calls simply for apples, celery, and mayonnaise; walnuts and raisins are often added. Instead of mayonnaise (6 grams fat per serving) our **TUSD recipe uses low fat plain yogurt (0.26 grams of fat per serving)! Featured on February 9th Lunch.**



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