

TUSD Middle School Menu



January - February 2012

TUSD Food Services Department
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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






<p>Cheese Omelet & Whole Grain Bread</p> <p>Choose 2 of the following: Fresh Fruit, Orange Juice, Milk</p>	<p>Concha Bread & Low Fat Pork Breakfast Sausage</p> <p>Choose 2 of the following: Fresh Fruit, Orange Juice, Milk</p>	<p>Breakfast Burrito & Hash Browned Potatoes</p> <p>Choose 2 of the following: Fresh Fruit, Orange Juice, Milk</p>	<p>Sunrise Sandwich</p> <p>Egg, Bacon* & Cheddar Cheese (*pork)</p> <p>Choose 2 of the following: Fresh Fruit, Orange Juice, Milk</p>	<p>Whole Grain Cinnamon Rolls</p> <p>with String Cheese or Yogurt</p> <p>Choose 2 of the following: Fresh Fruit, Orange Juice, Milk</p>
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Bagel & Cream Cheese (and/or String Cheese), Breakfast Bar, 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

<p>Whole Grain Spaghetti Pasta & Beef Meatballs in Italian-Seasoned Tomato Sauce</p> <p>Served with A Whole Grain Roll</p>	<p>Italian Beef Sandwich</p> <p>Lean sliced beef seasoned with herbs, garlic, and fresh veggies; served on a whole grain sub roll.</p> <p>With choice of baked chips</p>	<p>Nacho Grande</p> <p>Shredded Beef "Barbacoa", tomatoes, green chilies, cheddar cheese sauce served over Baked Corn Tortilla Chips</p>	<p>Curry Chicken</p> <p>All white chicken chunks sautéed with green peppers, onions, mushrooms and seasoned with spicy-sweet curry powder on Whole Grain Brown Rice.</p>	<p>Lime Pepper Chicken Sub</p> <p>All White Chicken Strips in a Zesty Breeding on a Whole Grain Sub Roll. With Ranch, Mayo or BBQ Sauce; Choice of Baked Chips</p>
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<p>On Mondays, the menu alternates as follows: Mondays 1-9 & 1-30</p> <p>Chicken Patty Sandwich on Whole Wheat Bun Monday 1-23</p> <p>Bean & Cheese Burrito with Southwestern Whole Grain Rice & Beans</p>	 <p>Hamburger or Cheeseburger on Whole Wheat Bun with Lettuce & Tomato</p>	<p>Pizza</p> <p>Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.</p>  	<p>BBQ Beef Sandwich</p> <p>Lean, Shredded & Tender Beef on a Whole Wheat Bun with zesty Gourmet BBQ Sauce</p>	<p>Pizza</p> <p>Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.</p> 
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 <p>Café Sandwich</p> <p>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</p>	 <p>Chicken Club Salad</p> <p>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</p>	 <p>Chicken Entrée Salad</p> <p>All White Chicken Strips, Assorted Cheeses, & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing. Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.</p>	 <p>Veggie Salad</p> <p>Assorted Cheeses, Sunflower seeds, and & Fresh Veggies on Sweet Butter Lettuce; Choice of Low Fat Dressing, Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie.</p>	 <p>Fruit Salad</p> <p>with Fat Free Yogurt Or Cottage Cheese with Wheat Roll & Reduced Fat Oatmeal-Raisin Cookie</p> 
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Side Items Featuring Fruits & Vegetables. Available at All Menu Stations. Choose 2 or 3 different sides of the Options listed Below.

<p>Mondays</p> <p>Steamed Broccoli</p> <p>Butternut Squash</p> <p>Fresh Fruit Assorted Fruit(s) or Apple Slices</p> <p>Tossed Butter Lettuce Side Salad</p> <p>Fresh Veggie Dipper</p> <p>Milk</p>	<p>Tuesdays</p> <p>Oven Baked French Fries</p> <p>Provence Veggie Blend Broccoli-carrots-green beans-red & yellow peppers</p> <p>Fresh Fruit Assorted Fruit(s) or Apple Slices</p> <p>Tossed Butter Lettuce Side Salad</p> <p>Fresh Veggie Dipper</p> <p>Milk</p>	<p>Wednesdays</p> <p>Baby Carrots & Ranch Dip</p> <p>Refried Beans</p> <p>Fresh Fruit Assorted Fruit(s) or Apple Slices</p> <p>Tossed Butter Lettuce Side Salad</p> <p>Fresh Veggie Dipper</p> <p>Milk</p>	<p>Thursdays</p> <p>Stir Fry Vegetables</p> <p>Crispy Kale</p> <p>Fresh Fruit Assorted Fruit(s) or Apple Slices</p> <p>Tossed Butter Lettuce Side Salad</p> <p>Fresh Veggie Dipper</p> <p>Milk</p>	<p>Fridays</p> <p>Baked Sweet Potato Wedges</p> <p>Edamame Veggie Mix edamame-corn-red peppers in seasoned sauce</p> <p>Fresh Fruit incl. Waldorf Salad Assorted Fruit(s) or Apple Slices</p> <p>Tossed Butter Lettuce Side Salad</p> <p>Fresh Veggie Dipper</p> <p>Milk</p>
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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 Waffle & 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, 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

On Mondays, the menu alternates as follows:

Mondays 2-6, 2-13, 3-5

Chicken Patty Sandwich
on Whole Wheat Bun

Mondays 2-13 & 2-27

Bean & Cheese Burrito with Southwestern Whole Grain Rice & Beans



Hamburger or Cheeseburger
on Whole Wheat Bun with Lettuce & Tomato

Pizza
Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.



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



Pizza
Pizzeria-style personal size pizza with great Italian flavor and a flaky crust. Topped with reduced fat pepperoni (beef & pork); cheese only topping available on request.



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
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



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 Middle 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.

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!

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.



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.

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

TUSD Food Services Website: 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.

2011-2012 Menu Prices

Middle & High School Student Meal (includes Milk)

Adult / Unenrolled Student Meal Without Milk
Adult / Unenrolled Student Meal With Milk

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.

Breakfast	Reduced Price	Lunch	Reduced Price
\$ 1.50	\$ 0.25	\$ 2.35	\$ 0.40
\$ 1.75	---	\$ 2.75	---
\$ 2.00	---	\$ 3.00	---

Milk Only: \$ 0.30 Cents / Half Pint Carton

USDA's

Tips for Healthy Food Choices
www.ChooseMyPlate.gov

TUSD Governing Board

Miguel Cuevas, President
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Did you know?

Students who qualify for free or reduced price lunch also qualify for free or reduced price breakfast!

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