

ANNOUNCEMENTS

MAY

Hassayampa Menu

Fresh Fruit & Vegetable Bar Served Daily!

Visit your local cafeteria on May 5th for a very special Cinco de Mayo menu featuring our:

- ⇒ **Fiesta Salad Bar** that includes a variety of fresh homemade salsa
- ⇒ **Adobe entrées** with Mexican style rice and vegetarian refried beans
- ⇒ **Taco Street entrées** featuring choice of soft or crispy tacos

Did you know?
Water makes up about 60% of your body weight. It's important to stay hydrated during the hot summer months. Aim for 6-8 cups of water every day and even more if you are staying active.



Questions or Comments?

Brian Stradling, Director of Dining Services
Phone: 928-684-6607



SFE This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



1 Lunch
Creamy Chicken Alfredo
Savory Meatball Sub
Chicken Caesar Salad
Seasoned Green Peas

Breakfast

Oven Baked Breakfast Casserole

2 Lunch
Crispy Chicken Tenders
Rotini noodles in Homemade Marinara
Chilled Ham & Cheese Sub
Buttered Cut Carrots

Breakfast

Mini Blueberry Pancakes

3 Lunch
Grilled Cheese Sandwich
Gooney Macaroni & Cheese
Southwest Veggie Wrap
Steamed Broccoli

Breakfast

Breakfast on a Stick

4 Lunch
Chicken Nachos
BBQ Pork Rib Sub
SunButter & Jelly Sandwich
Colorful Mexicorn

Breakfast

Scrambled Egg Spicy Chorizo

5 Lunch
Crispy Beef Tacos
Cheesy Chicken Corn Tacos
Crispy Chicken Ranch Wrap
Seasoned Corn

Breakfast

French Toast Sticks

8 Lunch
Creamy Macaroni & Cheese with Ham
Loaded Chicken Snowbowl
Crunchy Chicken Salad
Seasoned Corn

Breakfast

Whole Grain Donut

9 Lunch
Pepperoni Pizza
Baked Two Cheese Pizza
BBQ Chicken Wrap
Seasoned Green Peas

Breakfast

Pancakes with a Savory Sausage Patty

10 Lunch
Cheesy Layered Garden Vegetable Lasagna
Spaghetti with Meat Sauce
BBQ Chicken Salad
Buttered Green Beans

Breakfast

Whole Grain French Toast Sticks

11 Lunch
Beefy Oven Baked Rotini
Chicken Corn Dog
Tuna Salad Wrap
Crinkle Cut Carrots

Breakfast

Whole Grain Golden Waffle Stix

12 Lunch
Juicy Cheeseburger
Oven Baked Cheese Enchiladas
BBQ Chicken Salad
Colorful Mexicorn

Breakfast

Cinnamon Rolls w/ Icing & Sausage Patty

15 Lunch
Cheese-Filled Breadstick with Homemade Marinara
Seasoned Beefy Macaroni
Crispy Chicken Ranch Wrap
Broccoli with Cheese Sauce

Breakfast

Banana Chocolate Chunk Breakfast Bar

16 Lunch
Loaded Chicken Snowbowl
Chicken Corn Dog
Small Chef Salad
Seasoned Corn

Breakfast

Golden Waffle Sandwich, Egg, Ham & Cheese

17 Lunch
Creamy Chicken Alfredo
Veggie Wrap
BBQ Rib Sandwich
Seasoned Green Peas

Breakfast

Sausage & Cheese Whole Grain English Muffin

18 Lunch
Baked Two Cheese Pizza
Pepperoni Pizza
Teriyaki Chicken Wrap
Buttered Crinkle Cut Carrots

Breakfast

Cheesy Scrambled Egg & Ham w/ Buttery Toast

19 Lunch
Chicken Corn Dog
Green Chile Chicken Enchiladas
Ham, Turkey & Cheese Wrap
4 Way Mixed Vegetables

Breakfast

Biscuits & Gravy with Sausage patty

22 Lunch
Chicken & Waffles
Toasted Turkey Melt
Adobe Chicken Wrap
Buttered Green Beans

Breakfast

Mini Blueberry Pancakes

23 Lunch
Orange Chicken w/ Rice
Turkey Hot Dog
Chicken Caesar Salad
Buttered Cut Carrots

Breakfast

Breakfast on a Stick

24 Lunch
Cheesy Beef Lasagna
Mouth Watering Cheeseburger
Southwest Veggie Wrap
Seasoned Corn

Breakfast

Golden Pancakes with a Savory Sausage Patty

25 Lunch
Chicken Corn Dog
Crispy Cheese Pizza
Pepperoni Pizza
Seasoned Green Peas

Breakfast

Egg, Sausage & Cheese Bagel Sandwich



Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast



Menu is subject to change.

Breakfast Meal Price: Paid \$1.25 / Reduced \$0.30

Lunch Meal Price: Paid \$2.60 / Reduced \$0.40

Adult Meal Price: \$3.00