

OCTOBER 201 Page High School Breakfast & Lunch Menu



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and marketing trends.

Paid: \$2.60 Reduced: \$0.40 Adult: \$3.50 Paid Breakfast: \$2.50 Reduced Breakfast: \$0.30 Adult Breakfast: \$2.50 Milk: \$0.60

It's National School Lunch Week!



Who's Hungry for a Healthy Lunch? Join us this week for a Healthy Lunch

Red Dragon: BBQ Glazed Chicken w/ Brown Rice Taco Street: Pulled Reef Tacos Ballpark Classics: Spicy Chicken or Cheeseburge Luigi's Eatery: Pepperoni or Cheese Pizza Gourmet Greens: Crispy Chicken Salad

Variety of Milk Breakfast Blueberry & Granola Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal

Fresh Fruit & Vegetable Bar

Smokehouse: Pulled Reef Sandwich Ballpark: Spicy Chicken or Corn Dog Luigi's Eatery: Pepperoni or Cheese Pizza Gourmet Greens: Chef Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Spaghetti w/ Meat Sauc

Cinnamon Rolls w/ Icing Fresh Fruit Selection Assorted Low Sugar Cereal

Monday 5

Bistro Bowls: Choice of Meat and Gravy Ballpark Classics: Com Dog or Spicy Chicken Luigi's Eatery: Pepperoni or Cheese Pizza Gourmet Green: Chicken Garden Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Apple Cinnamon Muffin

Fresh Fruit Selection Assorted Low Sugar Cereal

Adobe Grill: Beef & Bean or Chicken Burrito Ballpark: Cheeseburger or Spicy Chicken Luigi's Eatery: Pepperoni or Cheese Pizza Gourmet Greens: Spicy Crispy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Biscuit & Gravy Fresh Fruit Selection Assorted Low Sugar Cereal

Bistro Bowls: Choice of Meat and Gravy Ballpark Classics: Chili Dog or Spicy Chicken Luigi's Eatery: Sausage or Cheese Pizza Gourmet Green: Southwest Chicken Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection

Assorted Low Sugar Cereal

Red Dragon: Sweet & Sour Chicke Adobe Grill: Beef & Bean or Chicken Burrito Ballpark: Spicy Chicken Sandwich or Chicken Nuggets Luigi's Eatery: Sausage or Cheese Pizza Gourmet Greens: Southwest Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Blueberry Muffin Fresh Fruit Selection Assorted Low Sugar Cereal

Tuesday 20

Bistro Bowls: Choice of Meat and Gravy Ballpark: Chicken Nuggets or Chicken Wrap Luigi's Eatery: Sausage or Cheese Pizza Gourmet Greens: Southwest Chicken Salad

Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal

Γuesday Philly Steak: Beet or Chicken, Choice of Cheese

Philly Steak: Beet or Chicken, Choice of Che Ballpark: Spicy Chicken or Chicken Wrap Luigi's Eatery: Pepperoni or Cheese Pizz net Greens: Spicy Crispy Chicken Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Biscuits & Gravy Fresh Fruit Selection

Assorted Low Sugar Cereal

Variety of Milk Breakfast Blueberry Muffin Fresh Fruit Selection

Ballpark: Beef Fingers or Chicken Nuggets Luigi's Eatery: Sausage or Cheese Pizza net Greens: Southwest Chicken Salad Fresh Fruit & Vegetable Bar

Assorted Low Sugar Cereal

Bistro Bowls: Choice of Meat and Gravy Ballpark Classics: Chicken Nuggets or Meatball Sub Luigi's Eatery: Supreme or Cheese Pizza net Green: Crispy Chicken Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Whole Grain Blueberry Pancake Fresh Fruit Selection Assorted Low Sugar Cereal

Traditional Cuisine: Beety Macaron Adobe Grill: Beef & Bean or Chicken Burrito Ballpark: Meatball Sub or Cheeseburger Luigi's Eatery: Supreme or Cheese Pizza Gourmet Greens: Chef Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

reakfast Casserole w/ Diced Ham and Egg Fresh Fruit Selection Assorted Low Sugar Cereal

Bistro Bowls: Choice of Meat and Gravy Ballpark: Chicken Tenders or Cheeseburger Luigi's Eatery: Supreme or Cheese Pizza Gourmet Greens: Crispy Chicken Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Pigs in a Blanket Fresh Fruit Selection Assorted Low Sugar Cereal

hilly Steak: Beet or Chicken, Choice of Cheese

Ballpark: Meatball Sub or Chicken Tenders Gourmet Greens: Crispy Chicken Salad

Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg, Ham, & Potato Bow

Fresh Fruit Selection Assorted Low Sugar Cereal

Thursday 8

Bistro Bowls: Choice of Meat and Gravy Ballpark Classics: Spicy Chicken or Sloppy Joe Luigi's Eatery: Sausage or Cheese Pizza Gourmet Green: Italian Chicken Salad

Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Strawberry Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal

Red Dragon: Chicken Thai Nood Adobe Grill: Beef & Bean or Chicken Burrito Ballpark: Spicy Chicken or Chicken Fried Steak Luigi's Eatery: Sausage or Cheese Pizza Gourmet Greens: Spicy Crispy Chicken Salac Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Strawberry Yogurt Parfait Fresh Fruit Selection Assorted Low Sugar Cereal

Bistro Bowls: Choice of Meat and Gravy Ballpark: Popcorn Chicken or Spicy Chicken Luigi's Eatery: Sausage or Cheese Pizza Gourmet Greens: Italian Chicken Salad

Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cinnamon French Toast

Fresh Fruit Selection Assorted Low Sugar Cereal

Philly Steak: Beet or Chicken, Choice of Cheese Ballpark Classics: Spicy Chicken or Cheeseburger Luigi's Eatery: Sausage or Cheese Pizza Gourmet Greens: Spicy Crispy Chicken Salad

> Fresh Fruit & Vegetable Ba Variety of Milk Breakfast Strawberry Yogurt Parfait

Fresh Fruit Selection Assorted Low Sugar Cereal

Friday 9

Bistro Bowls: Choice of Meat and Gravy Ballpark Classics: Hamburger or Spicy Chicket Luigi's Eatery: Supreme or Cheese Pizza Gourmet Green: Spicy Crispy Chicken Salad

Fresh Fruit & Vegetable Bar Breakfast

innamon French Toast w/ Sausage Fresh Fruit Selection Assorted Low Sugar Cereal

GET IN THE GAME

Bistro Bowls: Choice of Meat and Gravy Ballpark: Patty Melt or Spicy Chicken Sandwich Luigi's Eatery: Supreme or Cheese Pizza Gourmet Greens: Spicy Crispy Chicken Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Cinnamon Bun Fresh Fruit Selection Assorted Low Sugar Cereal

Friday 30

hilly Steak: Beef or Chicken, Choice of Che Ballpark: Spicy Chicken or Corn Dog Gourmet Greens: Chef Salad

> Fresh Fruit & Vegetable Bar Variety of Milk Breakfast

Cinnamon Rolls w/ Icing

Fresh Fruit Selection Assorted Low Sugar Cereal

Food Service Director: Angie Lovett :: Phone: (928) 608-4102 :: Email: alovett@pageud.k12.az.us

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal ar applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.